






Sonoma County Schools Air Quality Guidance

Air Quality Index (measured at airnow.gov)	Recommended School Activities	School Actions	District Actions
 (0-50) GOOD	<ul style="list-style-type: none"> Great day to be active outside 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> None
 (51-100) MODERATE	<ul style="list-style-type: none"> Good day to be active outside Students who are unusually sensitive to air pollution could have symptoms.* 	<ul style="list-style-type: none"> Monitor readings, keep staff aware of sensitive students 	<ul style="list-style-type: none"> Monitor the situation if index worsens
 (101-150) UNHEALTHY FOR SENSITIVE GROUPS	<ul style="list-style-type: none"> It's OK to be active outside for short activities such as recess and physical education (PE). For longer activities such as athletic practice, take more breaks and do less intense activities. Watch for symptoms and take action as needed.*¹ Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy 	<ul style="list-style-type: none"> Inform staff that restrictions are in place based on these recommendations. Ensure that staff are following the guidelines 	<ul style="list-style-type: none"> Remind site administrators of restrictions at this level Monitor the situation if index worsens
 (151-200) UNHEALTHY	<ul style="list-style-type: none"> For all outdoor activities, take more breaks and do less intense activities. Consider moving longer or more intense activities indoors or rescheduling them Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy 	<ul style="list-style-type: none"> Inform staff that restrictions are in place based on these recommendations Move all athletic related events to indoors if possible or reduce to less intense activities if moving to indoors is not possible Ensure that staff are following the guidelines 	<ul style="list-style-type: none"> Remind site administrators of restrictions at this level Monitor the situation if index worsens Determine if there are site by site concerns. Respond to school if there are site by site concerns to support and determine severity
 (201 and higher) VERY UNHEALTHY	<ul style="list-style-type: none"> Move all activities indoors or reschedule them to another day 	<ul style="list-style-type: none"> Inform staff that restrictions are in place Cancel all outdoor athletic activity Ensure that staff are following the guidelines Stay in communication with district office for changes Monitor school site for concerns such as poor air filtration or leaky windows 	<ul style="list-style-type: none"> Allow excused absences for students health concerns Respond to site concerns to support and determine severity Remind site administrators of restrictions at this level Consider closing schools based on site by site concerns

¹ **Asthma Symptoms:** Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms. If symptoms occur: The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, get medical help.