

The purpose of the AQI is to help you understand what local air quality means to your health. The AQI scale is divided into six categories as shown in the following chart. (Each category is explained in more detail below.)

Air Quality	Protect Your Health	AQI
Good	None	1 - 50
Moderate	Sensitive* people should consider limiting prolonged outdoor exertion.	51 - 100
Unhealthy for Sensitive Groups	Everyone should limit exertion outdoors.	101 - 150
Unhealthy	Everyone should limit exertion.	151 - 200
Very Unhealthy	Limit any exertion.	201 - 300
Hazardous	Stay indoors and avoid any exertion	301 - 500

* Sensitive groups include children, the elderly, those with existing health conditions, and people who have high exposure (those who work, exercise, or spend extensive time outdoors).

Air Quality Guidelines**

Orange (101-150 particulates)

Elementary:

- *Identify and monitor sensitive groups
- *Monitor outside recess activity
- *Physical Education to remain inside

Secondary:

- *Identify and monitor sensitive groups
- *Limit outdoor practice to 1 hour
- *Physical Education: Limit outdoor running and activities
- *Sensitive groups participate in athletics at parent's discretion.

Red (greater than 151 particulates)

Elementary:

- *Outside recess cancelled
- *Physical Education to remain inside

Secondary:

- *Physical Education to remain inside
- *All outdoor games and practices cancelled

****Parents may request to have children excused from activities at anytime!**