

# Sample Air Quality Health Index Preparedness Guide

- *People with heart or breathing problems are at greater risk. Follow your doctor's advice about exercising and managing your condition.*
- Where appropriate prior to outside physical activities check the Air Quality Health Index for when and how to accommodate activities for “at risk” and general population students.

## Actions that Must be Taken

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This section provides the health messages for each category of the Air Quality Health Index for the “at risk” population and the general population.

- **Air Quality Health Index 1-3**

- Health Risk: Low
- For at risk students: Enjoy your usual outdoor activities.
- For the general student population: Ideal air quality for outdoor activities.

- **Air Quality Health Index 4-6**

- Health Risk: Moderate
- For at risk students: Consider reducing or rescheduling strenuous activities outdoors if you/students are experiencing symptoms.
- For the general student population: No need to modify your usual outdoor activities unless you/students experience symptoms such as coughing and throat irritation.

- **Air Quality Health Index 7-10**

- Health Risk: High

- For at risk students: Reduce or reschedule strenuous activities outdoors. Students should also take it easy.
- For the general student population: Consider reducing or rescheduling strenuous activities outdoors if you/students experience symptoms, such as coughing.

- **Air Quality Health Index Above 10**

- Health Risk: Very High
- For at risk students: Avoid strenuous activities outdoors. Students should avoid outdoor physical exertion.
- For the general student population: Reduce or reschedule strenuous activities outdoors, especially if you/students experience symptoms, such as coughing and throat irritation.