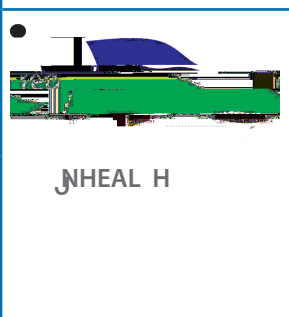
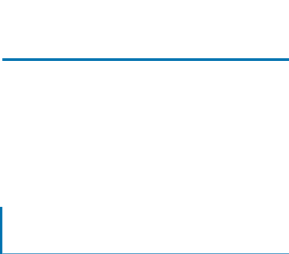
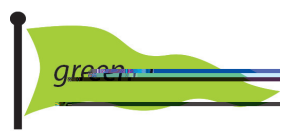
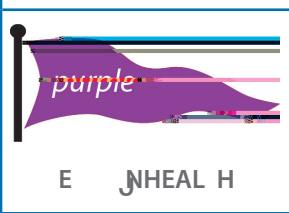


Air Quality and Outdoor Activity Guidance for Schools

Air Quality Index	Outdoor Activity Guidance
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all outdoor activities,
 longer or more intense activities



all activities

*** Watch for Symptoms**

If symptoms occur:

Go for 60!

How long can students stay outside when the air quality is unhealthy?

Why should students take breaks and do less intense activities when air quality is unhealthy?

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Are there times when air pollution is expected to be worse?

Ozone pollution

Particle pollution

How can I find out the daily air quality?

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If students stay inside because of unhealthy outdoor air quality, can they still be active?

Ozone pollution:

Particle pollution:

What physical activities can students do inside?

