

# BEWARE OF BAD



Air quality affects everyone, but children are particularly sensitive to unhealthy levels of ozone or fine particulate matter:

- Children are smaller than adults and when air quality is poor, they have more trouble breathing.
- Children breathe faster than adults and breathe in more air pollutants.
- Children are more active outside than adults.

The chart below outlines the steps you should take to keep kids safe.

*When an Air Quality Action Day is forecast, take appropriate steps...*

Air Quality	General Recommendations	School Recommendations	Vehicle Recommendations
Good	No health impacts are expected when air quality is in this range		Post signs that discourage idling of vehicles waiting to pick up students
Moderate	Unusually sensitive people should limit prolonged outdoor exertion.		Post signs that discourage idling of vehicles waiting to pick up students
Unhealthy for Sensitive Groups	Active children and people with asthma or other chronic lung conditions should limit prolonged outdoor exertion	Close windows when possible. Students with known asthma who are participating in outdoor activities (e.g. sports, practices, marching band, field trips or recess) should have their inhaler with them and know how to use it.	Post signs that discourage idling of vehicles waiting to pick up students
Unhealthy	Active children and people with chronic lung conditions, such as asthma, should avoid prolonged outdoor exertion. All others, especially children, should limit prolonged outdoor exertion.	Close windows when possible. Significantly limit outdoor activities for students with chronic lung conditions. Reduce all outdoor practice times for all students. Consider re-scheduling outdoor field trips.	Post signs that discourage idling of vehicles and explains the possible health consequences of idling to children
Very Unhealthy (Alert)*	Active children and adults, and people with chronic lung conditions, such as asthma, should avoid all outdoor exertion. All others, especially children, should limit outdoor exertion.	Close windows when possible. All outdoor activities should be canceled.	Post signs that discourage idling of vehicles and explains the possible health consequences of idling to children

\*This would be a rare occurrence



For more information, visit our Web site at [www.thecleanairforce.org](http://www.thecleanairforce.org)

