

Air Pollution and School Activities **#Ci hXccf Gdcfh9j Ybhg**

Health Recommendations for Schools, Coaches, Event Coordinators for fine particle (smoke) air pollution

Air Quality Conditions					
First check Current Air Quality at www.spokanecleanair.org/current-air-quality , and then use this chart					
	Good	Moderate	Unhealthy for Sensitive Groups	Unhealthy	Very Unhealthy/ Hazardous
Recess (15 minutes)	No restrictions.	Allow students with asthma, respiratory infection, lung or heart disease to stay indoors.	Keep students with asthma, respiratory infection, and lung or heart disease indoors.	Keep all students indoors and keep activity levels light.	Keep all students indoors and keep activity levels light.
P.E. (1 hour)	No restrictions.	Monitor students with asthma, respiratory infection, lung or heart disease. Increase rest periods or substitutions for these students as needed.	Limit to light outdoor activities. Allow any student to stay indoors if going outside outside might affect their health. Keep students with respiratory conditions, such as asthma, or breathing trouble, or heart disease or diabetes indoors. Limit these students to moderate activities.	Conduct P.E. indoors. Limit students to light indoor activities.	Keep all students indoors and keep activity levels light.
Athletic Events and Practices (Vigorous activity 2-3 hours)	No restrictions.	Monitor students with respiratory conditions, such as asthma, or breathing trouble, or heart disease. Increase rest periods and substitutions for students as needed.	Consider moving event indoors. If event is not cancelled, increase rest periods and substitutions to allow for lower breathing rates. Students with asthma, respiratory infection, lung and heart disease, or conditions like diabetes shouldn't play outdoors.	Cancel the event. Or move the event to an area with "Good" air quality — if this can be done without much time spent in transit through areas with poor air quality.	Cancel the event. Or move the event to an area with "Good" air quality — if this can be done without much time spent in transit through areas with poor air quality.

****NOTE: Asthma Action plans should be followed regardless of air quality for all levels of activity.**

When air quality is diminished, individuals should pay special attention to their Asthma Action plan.

Light Activities: Playing board games, throwing and catching while standing, and cup stacking.

Moderate Activities: Yoga, shooting basketballs, dance instruction, and ping pong.

Vigorous Activities: Running, jogging, basketball, football, soccer, swimming, cheerleading, and jumping rope.



School Closures and Outdoor Event Cancellations

School closures are the decision of the individual school district, usually in consultation with the local health department. Outdoor event cancellations are the decision of the event coordinators, usually in consultation with local health department. Consult your local health department if you have questions about air pollution and health, www.srhd.org.

AQI

Activity recommendations are based on the EPA's Air Quality Index (AQI) which is a national, standardized method to report air quality condition. The concentration of the highest pollutant reading is converted to this color-coded scale, ranging from 0-500.

Fine Particulate Matter, Indoor Air Quality, and Health

Wildfires, wood burning, and air stagnations increase the fine particulate matter in the air we breathe. Fine particulate matter travels easily indoors, especially if ventilation systems are drawing outside air into their system. It also comes in through doors, windows, and small openings. Over time, concentrations of fine particulate matter indoors can approach concentrations outdoors. Washington State Department of Health (DOH) has just developed a new document to assist schools and other building ventilation when it's smoky outside. It is titled, Improving Ventilation and Indoor Air Quality during Wildfire Smoke Events. The document provides information about smoke and outdoor air pollutants, identifies ways to improve your building's indoor air quality and provides helpful links for information about portable air cleaners. The document can be found at <http://www.doh.wa.gov/Portals/1/Documents/Pubs/333-208.pdf>

Exercising students breathe deeper and more often and take in more air, and more air pollution, into their lungs. Breathing polluted air can cause health problems, including aggravating asthma and other respiratory diseases. Anyone experiencing symptoms such as wheezing, shortness of breath, chest pain, headache, and dizziness should be seen by a medical provider.

Schools should reduce student activities once air quality has reached the "Unhealthy for Sensitive Groups" category. Increased physical activity requires students to breathe faster and use more oxygen.

School buildings with enhanced filtration will have improved indoor air quality. Supplemental use of properly sized HEPA-Charcoal air filters, that do not produce ozone, have been shown to improve indoor air quality by reducing particulate matter and chemicals in smoke.

More Information

For more information on outdoor air quality issues, including wildfire smoke, visit www.spokaneleanair.org or call (509) 477-4727.

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