Recommendations for Shasta County Schools and Others Responsible for Children during a Wildfire Smoke Event

Health Recommendations for Schools, Coaches, and Event Coordinators regarding student exposure to fine particles (smoke and dust) air pollution.

Air Quality Conditions

The terrain in Shasta County is complex making air quality monitoring a challenge based on weather and topography. Check current air quality first at AirNow (South County) or PurpleAir* (Redding, Shasta Lake City, Palo Cedro) and then use this chart. AirNow is the source for Shasta County Department of Resource Management Air Quality Index (AQI) - Air Quality Table. If using the PurpleAir site, go to the lower left of the screen to the box labeled "Map Data Layer." Change the drop-down on the right to AQandU instead of none to adjust the data to reflect the current science on the readings for these monitors. This document has been prepared in collaboration with Shasta County Air Quality Management District, Shasta County Public Health, and Shasta County Public Schools.

Activity**	GOOD	MODERATE	UNHEALTHY FOR SENSITIVE GROUPS	UNHEALTHY	VERY UNHEALTHY	HAZARDOUS
	AQI: 0 - 50	AQI: 51 - 100	AQI: 101 - 150	AQI: 151 - 200	AQI: 201 - 300	AQI: 301+
	Visibility 11+ miles	Visibility 6-10 miles	Visibility 3-5 miles	Visibility 1.5-2.75 miles	Visibility 1-1.5 miles	Visibility < 1 mile
			Keep classroom doors and windows closed. Use air conditioning system.			
Recess (15 minutes)	No restrictions	No restrictions, but allow students with asthma or other respiratory problems to stay indoors.	Keep students with asthma, respiratory infection, and heart or lung disease indoors. Make indoor space available for all students.	Keep students indoors and activity levels light.	Keep students indoors and activity levels light.	Keep students indoors and activity levels light.
P.E. (1 hour)	No restrictions	Monitor students with asthma or other respiratory problems, limit their vigorous activities and increase rest periods.	Limit to light outdoor activities. Allow any student to stay indoors if going outside might affect their health. Keep students with asthma, respiratory infection, and heart or lung disease indoors. Limit these children to moderate activities.	Conduct P.E. indoors. Limit students to light activities.	Keep students indoors and activity levels light.	Keep students indoors and activity levels light
Scheduled Outdoor Sporting Events & Practices	No restrictions	Monitor students with asthma or other respiratory problems, limit their vigorous activities and increase rest periods.	Consider moving the event/practice indoors. Increase rest periods and substitutions to allow for lower breathing rates. Students with asthma, respiratory infection, and heart or lung disease should play indoors.	Consider canceling, rescheduling, or relocating event to an area of good air quality, if this can be done without much transit through areas with poor air quality.	Consider canceling, rescheduling, or relocating event to an area of good air quality, if this can be done without much transit through areas with poor air quality.	Consider canceling or rescheduling the event.

**Asthma action plans should be followed at all times. When air quality is diminished, individuals should pay special attention to their Asthma Action Plan.   08-20-18

*Purple Air sensors are being used on a trial basis and cannot be used for official air quality readings, but have been deployed as a useful tool to help residents identify the general air quality in their area. Purple Air sensors read on the high side when the concentrations are in the unhealthy and higher categories.