

U.S. Environmental Protection Agency (EPA) Guidelines			Mt. Diablo Unified School District				
Air Quality Index (AQI) Rating	Individuals Affected	Recommended Actions	Outdoor Recess/Lunch	Physical Education	Athletic Practice/Training	Scheduled Sporting Events	MDUSD Staff Working
			TBD based on current AQI	TBD based on current AQI	1:00 PM based on current AQI	3:00 PM or prior to travelling team departure	
Good 0-50		It's a great day to be active outside.	Yes	Yes	Yes	Yes	Yes
Moderate 51-100	Some people who may be unusually sensitive to particle pollution	Unusually sensitive people: Consider reducing prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier. Everyone else: It's a good day to be active outside.	Yes Unusually Sensitive groups: May need to stay indoors or medically manage their condition	Yes Unusually Sensitive groups: May need to stay indoors or medically manage their condition	Yes Unusually Sensitive groups: May need to stay indoors or medically manage their condition	Yes Unusually Sensitive groups: May need to stay indoors or medically manage their condition	Yes
Unhealthy for Sensitive Groups 101-150	Sensitive groups include people with heart or lung disease, older adults, children and teenagers	Sensitive groups: Reduce prolonged or heavy exertion. It's OK to be active outside, but take more breaks and do less intense activities. Watch for symptoms such as coughing or shortness of breath. People with asthma should follow their asthma action plans and keep quick relief medicine handy. If you have heart disease: Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.	Middle/High School: Optional Avoid prolonged or vigorous outdoor activities. Indoor lunch offered for all high school and middle students Elementary School: No	Yes Exercise indoors. Reduce vigorous exercise to 30 min per hour.	Yes Exercise indoors. Reduce vigorous exercise to 30 min per hour with increased rest breaks and substitutions.	Yes Indoor and outdoor events are permitted. Follow CIF guidelines for extreme heat and NCAA guidelines for AQI. Increase rest breaks and substitutions. Closely monitor all athletes. Sensitive individuals should abstain from exertion.	Yes Staff should modify intensity while outdoors and limits outdoor exposure
Unhealthy 151-200	Everyone	Sensitive groups: Avoid prolonged or heavy exertion. Move activities indoors or reschedule to a time when the air quality is better. Everyone else: Reduce prolonged or heavy exertion. Take more breaks during all outdoor activities.	No No outdoor activity. All activities should be moved indoors.	No No outdoor activity. All activities should be moved indoors. Reduce vigorous exercise to 30 min per hour.	No No outdoor activity. All activities should be moved indoors. Reduce vigorous exercise to 30 min per hour.	No Outdoor events Yes Indoor sports are permitted. Follow CIF guidelines for extreme heat and NCAA guidelines for AQI. Increase rest breaks and substitutions. Closely monitor all athletes. Sensitive individuals should abstain from exertion.	Yes All staff must work indoors and limit physical activity
Very Unhealthy 201-300	Everyone	Sensitive groups: Avoid all physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better. Everyone else: Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling to a time when air quality is better.	No	No	No	No	No If AQI increases within the school day to <i>Very Unhealthy</i> levels, staff will remain with students until school is out.
Hazardous 301-500	Everyone	Everyone: Avoid all physical activity outdoors. Sensitive groups: Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.	No	No	No	No	No