






## Air quality and health

# Outdoor activity guidance for schools

Regular physical activity — at least 60 minutes each day — promotes health and fitness. The table below shows when and how to modify outdoor physical activity based on the Air Quality Index. This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to air pollution. Check the air quality daily at [www.pca.state.mn.us/aqi](http://www.pca.state.mn.us/aqi).

Air Quality Index	Outdoor activity guidance
GOOD 	Great day to be active outside!
MODERATE 	Good day to be active outside! Students who are unusually sensitive to air pollution could have symptoms.
UNHEALTHY FOR SENSITIVE GROUPS 	It's OK to be active outside, especially for short activities such as recess and physical education (PE).  For longer activities such as athletic practice, take more breaks and do less intense activities.  Watch for symptoms and take action as needed.  Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.
UNHEALTHY 	For all outdoor activities, take more breaks and do less intense activities.  Consider moving longer or more intense activities indoors or rescheduling them to another day or time.  Watch for symptoms and take action as needed.  Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.
VERY UNHEALTHY 	Move all activities indoors or reschedule them to another day.