

# Lake County Schools Air Quality Guidelines

Prepared in collaboration with and approved by Lake County Public Health Division

AQI Index	Actions to Protect Students and Staff				
	School Open:	Milk break / Recess / Lunch	Physical Education	Athletic Practice & Training	Scheduled Sporting Events
<b>Good (0-50)</b>	Yes	No Restrictions	No Restrictions	No Restrictions	No Restrictions
<b>Moderate (51-100)</b> Unusually sensitive people should consider reducing prolonged or heavy outdoor exertion	Yes	<i>Consider reducing</i> prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier.	<i>Consider reducing</i> prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier.	<i>Consider reducing</i> prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier.	<i>Consider reducing</i> prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier.
<b>Unhealthy for Sensitive Groups (101-150)</b> Everyone should limit prolonged or heavy outdoor activities, especially children, older adults, and people with heart or lung disease. All doors and windows must remain closed throughout the day.	Yes, as long as schools limit outdoor exposure and can maintain an indoor air quality rating of "Moderate" or better.	<i>Reduce</i> 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.  On campus/indoor lunch strongly recommended for all high school students; Mandatory for Elem/Middle.	<i>Reduce</i> 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.	<i>Reduce</i> 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.	<i>Reduce</i> 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.
<b>Unhealthy (151-200)</b> The following groups should avoid all physical outdoor activity: People with heart or lung disease, children and older adults. Everyone else should avoid prolonged or heavy exertion.	At District Discretion as long as schools limit outdoor exposure and can maintain an indoor air quality rating of "Moderate" or better.	Exercise indoors or avoid vigorous outdoor activities. Move activities indoors or reschedule to a time when the air quality is better.	Exercise indoors or avoid vigorous outdoor activities. Move activities indoors or reschedule to a time when the air quality is better.	Exercise indoors or avoid vigorous outdoor activities. Move activities indoors or reschedule to a time when the air quality is better.	Event must be rescheduled or relocated.
<b>Very Unhealthy (201-300)</b> Everyone should avoid any outdoor exertion; people with respiratory or heart disease, the elderly and children should remain indoors.	At District Discretion as long as schools limit outdoor exposure and can maintain an indoor air quality rating of "Moderate" or better.	<i>Avoid all</i> physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better.	<i>Avoid all</i> physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better.	<i>Avoid all</i> physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better.	Event must be rescheduled or relocated.
<b>Hazardous (301+)</b> The following groups should remain indoors and keep activity levels low: People with heart or lung disease; children and older adults. Everyone else should avoid prolonged or heavy exertion.	No			No	Event must be rescheduled or relocated.

- 1) Sensitive Individuals includes all children under age 18 and adults with asthma or other heart/lung conditions.
- 2) No planned early release of all students if Air Quality (AQ) worsens during the school day.
- 3) [Today's Air Quality in Lake County](#) (or go to [www.purpleair.com](http://www.purpleair.com) and click on "Map").

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