

Appendix 183

Air Quality Guide for Schools

Health Risk	Air Quality Health Index	Health Messages		School Messages
		General Population	At Risk Population*	
Low Risk	1-3	Ideal air quality for outdoor activities.	Enjoy your usual outdoor activities.	All planned outdoor activities can proceed.
Moderate Risk	4-6	No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.	Consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.	All planned outdoor activities can proceed.
High Risk	7-10	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.	Reduce or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.	Recess and lunch breaks can proceed but allow the option of coming indoors. Consider postponing or adapting extra-curricular events with clean air breaks.
Very High Risk	11	Reduce or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.	Avoid strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.	Allow for indoor recesses and lunch breaks. Outdoor activities should be moved indoors. Extra-curricular events should be postponed or moved indoors if possible.

Adapted from Environment Canada - [Understanding Air Quality Health Index messages](#).

* People with heart or breathing problems are at greater risk. Follow your doctor's usual advice about exercising and managing your condition.