

# Sonoma County Schools

## Air Quality Guidelines

Prepared in collaboration with the county's 40 school districts



### HOW TO USE THIS CHART:

1. On days with questionable air quality, superintendents shall check [purpleair.com](http://purpleair.com) at 5:00am.
2. If the Air Quality Index (AQI) is listed at 275 or above, districts may cancel classes. The superintendent will notify the county superintendent, their district staff and families.
3. District/Site staff must be informed of any and all restrictions that are in place based on the AQI as noted on the table below.
4. Personnel: At an AQI of 275 or above, school is closed. Essential personnel (maintenance, administrative) may be called in to work.

AQI Index	Recommended Actions				
	School in Session?	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	Ensure unusually sensitive individuals are medically managing their condition	Ensure unusually sensitive individuals are medically managing their condition.	Ensure unusually sensitive individuals are medically managing their condition.	Ensure unusually sensitive individuals are medically managing their condition.
<b>UNHEALTHY FOR SENSITIVE GROUPS (101-150)<sup>1</sup></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	On campus/indoor lunch strongly recommended for all high school students; Mandatory for Elem/Middle.	Reduce vigorous exercise to 30 min per hour. May move indoors or modify activity as necessary.	Reduce vigorous exercise to 30 min per hour of practice time with increased rest breaks and substitutions. May move indoors or modify activity as necessary.	Increase rest breaks and substitutions per CIF guidelines for extreme heat. May move indoors or modify activity as necessary.
<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.	Yes	All activities should be moved indoors as much as reasonably possible.	All activities should be moved indoors as much as reasonably possible.	All activities should be moved indoors as much as reasonably possible.	Event should 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.	Yes (< 275)	No outdoor activity. All activities should be moved indoors.	No outdoor activity. All activities should be moved indoors.	No outdoor activity. All activities should be moved indoors.	Event must be rescheduled or relocated.
	No (> 275) Classes cancelled at district's discretion				
<b>HAZARDOUS (300-500)</b> Everyone should avoid any outdoor exertion; people with respiratory or heart disease, the elderly and children should remain indoors.	No	No outdoor activity. Avoid any prolonged, moderate, or vigorous indoor activity.	No outdoor activity. Avoid any prolonged, moderate, or vigorous indoor activity.	No outdoor activity. Avoid any prolonged, moderate, or vigorous indoor activity.	No outdoor activity. Avoid any prolonged, moderate, or vigorous indoor activity.

1) **Sensitive Groups** include all children under age 18 and adults with asthma or other heart/lung conditions.