
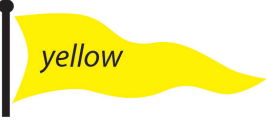


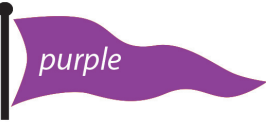


Marin County Air Quality Outdoor Activity Overview and Communication Protocols for Schools

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 (AQI), and communication protocols at different AQI thresholds. 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.airnow.gov*. Please note this table is a modified version of a 2014 publication provided by the US Environmental Protection Agency and Center for Disease Control, with input from the Marin County Public Health Officer based on experiences during regional wildfires and community response from 2017 - 2019.

Air Quality Index	Outdoor Activity Overview and Communication Protocols
 <p>green</p> <p>GOOD = 0-50</p>	<p>Great day to be active outside!</p> <p><i>*www.airnow.gov will be utilized as the most accurate measure of regional AQI, used by the California Air Resources Board and U.S. EPA, as opposed to other personal and more localized sensors such as Purple Air.</i></p>
 <p>yellow</p> <p>MODERATE = 51-100</p>	<p>Good day to be active outside!</p> <p>Students who are unusually sensitive to air pollution could have symptoms.*</p>
 <p>orange</p> <p>UNHEALTHY FOR SENSITIVE GROUPS = 101-150</p>	<p>An email communication from Marin County Public Health Officer will be sent out through MCOE to all schools.</p> <p>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.</p> <p>See additional detail in School Air Quality Activity Recommendations Chart below.</p>
 <p>red</p> <p>UNHEALTHY = 151-200</p>	<p>A conference call will be initiated by MCOE and Marin County Public Health Officer for all Marin County Schools.</p> <p>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.</p> <p>See additional detail in School Air Quality Activity Recommendations Chart below.</p>
 <p>purple</p> <p>VERY UNHEALTHY = 201-300</p>	<p>A daily conference call will be initiated by MCOE and Marin County Public Health Officer for all Marin County Schools.</p> <p>Move all activities indoors or reschedule them to another day.</p>

* Watch for Symptoms

Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms.

If symptoms occur:

The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, get medical help.

Go for 60!

CDC recommends that children get 60 or more minutes of physical activity each day. www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm

Plan Ahead for Ozone

There is less ozone in the morning. On days when ozone is expected to be at unhealthy levels, plan outdoor activities in the morning.

School Air Quality Activity Recommendations

PROTECT STUDENT HEALTH DURING POOR AIR QUALITY

Air quality is an important consideration for schools in terms of student activities. Local air districts are available to assist schools with understanding local air quality concerns and actions they can take to protect student health. To find out more, contact your local air district. Visit this page to learn which District serves your area: www.arb.ca.gov/app/dislookup/dislookup.php



The following school activity recommendations are based on consultation with health researchers and several important principles drawn from recent studies. **Modify these levels to correspond with the AQI, emissions concentration, or other air district recommended method for your region.**

Activity	Air Quality Level				
	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5 <i>School districts may consider school closures based on site-by-site concerns. ***</i>
Recess (15min)	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	Exercise indoors or avoid vigorous outdoor activities. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
P.E. (1hr)	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	Exercise indoors or limit vigorous outdoor activities to a maximum of 15 minutes. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
Athletic Practice & Training (2-4hrs)	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions. Ensure that sensitive individuals are medically managing their condition.*	Exercise indoors or reduce vigorous exercise to 30 minutes of practice time with increased rest breaks and substitutions. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
Scheduled Sporting Events	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure that sensitive individuals are medically managing their condition.*	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure that sensitive individuals are medically managing their condition.*	Event must be rescheduled or relocated.

* Sensitive Individuals include all those with asthma or other heart/lung conditions ** California Interscholastic Federation

*** To meet the conditions for approval of a waiver due to emergency conditions ([Form J-13A](#)) from the State Superintendent of Public Instruction poor air quality must be shown to be caused by an emergency event such as a wildfire.



This information is taken from the California Department of Education, the California Air Resources Board, the California County Superintendents Educational Services Association, the California School Boards Association, the California Air Pollution Control Officers Association, and the Association of California School Administrators, and has been updated with input from the Marin County Public Health Officer and school leaders in Marin County based on experiences with recent regional wildfire events and community response.

Additional Air Quality Information & Resources

About AirNow.gov:

- AirNow.gov is a network of monitors maintained and operated by government agencies.
- It is recommended by the Bay Area Air Quality Management District, the California Air Resources Board, and U.S. EPA.
- AirNow monitors form a network to track regional air quality. Because pollutants like smoke mix in the atmosphere, community air quality is represented even if a monitor is not in the same neighborhood as a school.
- Sensors are regularly monitored for quality control by U.S. EPA and are accurate at all air quality levels. Personal sensors such as Purple Air often overestimate pollution levels when AQI is 150 or higher.

About Masks:

- When air is unhealthy, the best option is to reduce physical activity and stay indoors with windows and doors closed.
- Masks have limitations. Surgical gauze masks provide no protection from smoke. N95 respirator masks are designed for professional use by trained adults and are not intended for children.
- N95 masks require a tight seal to be effective. When not fitted correctly, they provide little or no protection.
- Masks can worsen breathing difficulty for sensitive breathers or cause deeper breathing, which draws particles deeper into the lungs if they are not fitted correctly.
- Masks must be kept clean and replaced frequently to be effective. If a mask is used, please refer to the mask manufacturer's recommendations on cleaning and replacement intervals.

Recommendations for Ensuring Cleaner Air at School:

- Ensure doors and windows are sealed tightly. Minimize air movement in and out of room.
- Depending on existing air filtration systems, consider turning off external air intake when air quality is poor. If high efficiency air filtration systems are in place, air intake may be used, and filters checked frequently.
- If portable filters are available and utilized, make sure they are sized correctly for the room.

Considerations for School Districts from CDE: Before You Make a Decision to Close a School

Outdoor air quality is one factor local educational agencies (LEAs) need to consider when making a school closure decision. LEAs should consider the factors below, in addition to any other relevant local conditions or concerns, when deciding to close school.

Health and Safety:

- **Indoor air quality.** Ventilation and filtration systems at schools may offer a higher level of protection than residential systems.
- **Supervision.** The school environment provides appropriate student supervision by trained and caring adults who can ensure students remain indoors.
- **Student support services.** School may be the primary place where students receive needed health and counseling services.
- **Nutrition services.** Schools serve healthy meals to a significant proportion of students. If school is closed, it is a substantial challenge at best for LEAs to feed students.
- National School Lunch Program Meal Reimbursement During Disaster: Education Code 49505 allows for the LEAs to submit an application for meal reimbursement during a disaster. The disaster would require a state or federal declaration for the county affected by the disaster.

The application is available on the California Department of Education website at <https://www.cde.ca.gov/ls/nu/sn/documents/disastermealapp.doc>

Using an Equity Lens:

- Socioeconomically disadvantaged families may not have options for alternate child care.
- Working parents and guardians are disproportionately affected by school closure and could suffer significant professional or economic consequences as a result.
- Students receiving free or reduced-price meals may not have a reliable alternate source of healthy food.
- Students with Individualized Education Programs (IEPs) may not have access to needed services during school closure.
- Schools provide safe and supportive environments for their students; our most vulnerable students rely on them most.

Instructional Time:

- Instructional time is foundational to students' academic achievement. LEAs should consider adding instructional days or minutes to the school calendar when time is lost due to school closure.
- LEAs that have a foreseeable loss of instructional time due to a history of school closures should consider adding "built-in emergency" days to the annual school calendar.
- Information on requesting credit for lost attendance and instructional time during an emergency is available on the California Department of Education's website at <https://www.cde.ca.gov/fg/aa/pa/i13a.asp>.

Guidance for Families When Schools are Closed:

- Stay indoors.
- Keep doors and windows closed.
- Consult a Physician if you have concerns about your child's health.