

# Rise and Shine Air Quality Guidelines

Adapted from protocols outlined by the Sonoma County Office of Education

AQ INDEX		RECOMMENDED ACTIONS	
	In Session?	Outdoors	Scheduled Events/Activities
<b>GOOD (0-50)</b>	<b>YES</b>	<b>No Restrictions</b>	<b>No Restrictions</b>
<b>MODERATE (51-100)</b> Usually, sensitive people should consider reducing prolonged or heavy outdoor exertion.	<b>YES</b>	Ensure usually sensitive individuals are medically managing their condition.	Ensure usually sensitive individuals are medically managing their condition.
<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.	<b>YES</b>	No outdoor activity. All activities to be moved indoors.	Events and Activities to be moved indoors.
<b>UNHEALTHY (151-200)</b> The following groups should avoid all physical activity. People with heart or lung disease, children, and older adults. Everyone else should avoid prolonged or heavy exertion.	<b>TBD</b>	No outdoor activity. All activities to be moved indoors.	Events should be rescheduled or cancelled. All activities should be moved indoors.
<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.	<b>NO</b>	No outdoor activity. All activities should be moved indoors.	Events must be rescheduled or cancelled.
<b>HAZARDOUS (301-500)</b> Everyone should avoid any outdoor exertion, people with respiratory or heart disease, the elderly, and children should remain indoors.	<b>NO</b>	No outdoor activity. Avoid any prolonged, moderate, or vigorous indoor activity.	Events must be rescheduled or cancelled.

## HOW TO USE CHART

1. On days with questionable air quality, program director shall check AirNow.gov by 6:30 a.m. for all impacted communities.
2. If the Air Quality Index (AQI) is listed as 151 or above R&S may close. Families will be notified via ProCare App when center closes and again when it reopens.
3. If R&S remains open, staff will be informed of any restrictions that are in place based on the AQI as noted on the table below.
4. At an AQI of 201 or above, R&S will be closed. Essential personnel may be called in to work.