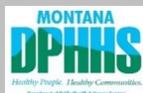


## Recommendation for Outdoor Activities Based on Air Quality for Schools and Child Care Facilities

Health Effect Category		Good	Moderate	Unhealthy for Sensitive Groups	Unhealthy	Very Unhealthy/ Hazardous
Visibility (miles)		<b>13+</b>	<b>9-13</b>	<b>5-9</b>	<b>2-5</b>	<b>Less than 2</b>
Particulate levels (µg/m <sup>3</sup> )	1 hr	Less than 34	34-51	51-89	89-201	Greater than 201
	8 hr	Less than 23	23-35	35-62	62-140	Greater than 140
	24 hr	Less than 13	13-20	20-35	35-80	Greater than 80
Recess or Other Outdoor Activity (15 minutes)		No Limitations	No limitations	Make indoor space available for all children to be active, especially young children. If outdoors, limit vigorous activities and people with chronic conditions should be medically managing their condition.	Keep all children indoors	Keep all children indoors
Physical Education Class (1 hour)		No Limitations	Monitor sensitive groups and limit their vigorous activities.	Make indoor space available for all children to be active, especially young children. If outdoors, limit vigorous activities and people with chronic conditions should be medically managing their condition.	Conduct P.E. indoors. If outdoors, only allow light activities for all participants. People with chronic conditions should be medically managing their conditions.	Conduct P.E. in a safe (good air quality) indoor environment.
Athletic Practice, Training (2-4 hours)		No Limitations	Monitor sensitive groups and limit their vigorous activities.	People with chronic conditions should be medically managing their condition. Increase rest periods and substitutions for all participants to lower breathing .	Conduct practice and training indoors. If outdoors, only allow light activities for all participants. People with chronic conditions should be medically managing their conditions.	Conduct practice and trainings in a safe (good air quality) indoor environment.
Scheduled Sporting Events (2-4 hours)		No limitations	Monitor sensitive groups and limit their vigorous activities.	People with chronic conditions should be medically managing their condition. Increase rest periods and substitutions for all participants to lower breathing .	Consider rescheduling or relocating event. If outdoor activity is held, have emergency medical support immediately available. Add rest breaks and substitute to lower breathing rates. People with chronic conditions should be medically managing their conditions.	Reschedule or relocate event.



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**(406) 751-8101**

Air Quality Index	Who Needs to Be Concerned?	What Should I Do?	Visibility Ranges
<b>Good</b>	No one needs to be concerned. Air quality is good for everyone.	It's a great day to be active outside!	>13.4+ miles
<b>Moderate</b>	Some people may be <b>unusually sensitive to particle pollution</b> and may need to take precautions.	<p><b>Unusually sensitive people:</b> Consider reducing prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it a little easier.</p> <p><b>Everyone else:</b> It's a good day to be active outside.</p>	13.3—8.8 miles
<b>Unhealthy for Sensitive Groups</b>	Sensitive Groups include <b>people with heart or lung disease, older adults, children.</b>	<p><b>Sensitive Groups:</b> Reduce 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.</p> <p><b>People with asthma</b> should follow their asthma action plans and keep quick relief medicine handy.</p> <p><b>If you have heart disease:</b> Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.</p>	8.7—5.1 miles
<b>Unhealthy</b>	<b>Everyone</b> can be affected	<p><b>Sensitive Groups:</b> <i>Avoid</i> prolonged or heavy exertion. Move activities indoors or reschedule</p> <p><b>Everyone Else:</b> <i>Reduce</i> prolonged or heavy exertion. Take more breaks during all outdoor activities.</p>	5.0—2.2 miles
<b>Very Unhealthy</b>	<b>Everyone</b>	<p><b>Sensitive groups:</b> <i>Avoid all</i> physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better.</p> <p><b>Everyone else:</b> <i>Avoid</i> prolonged or heavy exertion.</p>	2.1—1.3 miles
<b>Hazardous</b>	<b>Everyone</b>	<p><b>Everyone:</b> <i>Avoid all</i> physical activity outdoors.</p> <p><b>Sensitive groups:</b> Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.</p>	<1.3 miles

For the latest information on the status of air quality in the area, please visit our website or the state site at [svc.mt.gov/deq/todaysair/](http://svc.mt.gov/deq/todaysair/)

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Health Effects Categories	Visibility (miles) <sup>3</sup>	24-Hour BAM (ug/m <sup>3</sup> ) <sup>1</sup>	8-Hour BAM (ug/m <sup>3</sup> ) <sup>2</sup>	1-Hour BAM (ug/m <sup>3</sup> ) <sup>3</sup>
Hazardous	<1.3	>135.4	>193.4	>338.5
Very Unhealthy	2.1 – 1.3	80.5 – 135.4	115.0 – 193.4	201.1 – 338.5
Unhealthy	5.0 – 2.2	35.5 – 80.4	50.7 – 114.9	88.6 – 201.0
Unhealthy for Sensitive Groups	8.7 – 5.1	20.5 – 35.4	29.2 – 50.6	51.1 – 88.5
Moderate	13.3 – 8.8	13.5 – 20.4	19.2 – 29.1	33.6 – 51.0
Good	>13.4+	0.0 – 13.4	0.0 – 19.1	0.0 – 33.5
<b>Examples of Activities</b> Please note that the intensity of an activity can vary by person and ability.	<b>Light Activities Include:</b> <ul style="list-style-type: none"> <li>Walking slowly on level ground</li> <li>Outside reading or picnicking</li> <li>Hanging out with friends</li> </ul> <b>Moderate Activities Include:</b> <ul style="list-style-type: none"> <li>Skateboarding</li> <li>Golf</li> <li>Softball</li> <li>Shooting basketballs</li> </ul> <b>Vigorous Activities Include:</b> <ul style="list-style-type: none"> <li>Running/jogging</li> <li>Playing football</li> <li>Soccer</li> <li>Basketball</li> <li>Lacrosse</li> </ul>			

**How to estimate air quality based on visibility:**

1. Use pre-determined landmarks that were established on a clear day for distance
2. Face away from the sun.
3. Determine the limit of your visible range by looking for targets at known distances (miles).
4. Visible range is when an object you can easily see in the distance disappears.
5. Use the visibility values in the table to determine the local wildlife smoke category.

Visit up to date information at [Svc.mt.gov/deq/todaysair/](http://Svc.mt.gov/deq/todaysair/)