Oregon Health Authority



Public Health Guidance: School Outdoor Activities During Wildfire Events

Check the local Air Quality Index (AQI) online (http://www.deq.state.or.us/aqi/) and do a visual inspection outside.* Compare the AQI and visibility test to determine the air conditions in your community. Then, use the guide below to determine activity level for your students.**

Air Quality Index	Visibility Scale	Recess (15 min)	P.E. (1 hr)	Athletic events and practices (2–3 hrs)
Good	> 5 miles with no noticeable haze in the air	Great day to be active outdoors!	Great day to be active outdoors!	Great day to be active outdoors!
Moderate	5–15 miles with noticeable haze in the air	It is a good day for students to be active outside. • Watch students who are unusually sensitive to air pollution for symptoms of shortness of breath or coughing.	• Watch students who are unusually sensitive to air pollution. • Look for symptoms of shortness of breath or coughing. • Monitor symptoms and reduce or cease activity if symptoms arise.	• Watch students who are unusually sensitive to air pollution. • Look for symptoms of shortness of breath or coughing. • Increase rest periods and make substitutions for these students as needed. • Monitor symptoms and reduce or cease activity if symptoms arise.
Unhealthy for sensitive groups	3–5 miles	It is an OK day for students to be active outside. • Allow students who are unusually sensitive to air pollution to stay indoors if they'd like.	• Move activities indoors for students sensitive to air pollution. • Limit other students to light outdoor activities or move the activities indoors. • Increase rest periods and make substitutions. • Monitor symptoms and reduce or cease activities if symptoms arise.	• Move activities indoors for students sensitive to air pollution. • Limit other students to light outdoor activities or move the activities indoors. • Increase rest periods and make substitutions. • Monitor symptoms and reduce or cease activities if symptoms arise.
Unhealthy	1–3 miles	• Consider keeping all students indoors or allowing only light outdoor activity. • Move activities indoors for students sensitive to air pollution.	• Move activities indoors for students sensitive to air pollution. • Consider moving all activities indoors. • Limit all students to light activities. • Increase rest periods and make substitutions.	Consider any of the following: • Cancel the event. • Move the event indoors. • Postpone the event. • Move the event to an area with "good" air quality.
Very unhealthy/ hazardous	1 mile or less	Keep all students indoors.	• Move all activities indoors. • Limit all students to light activities. • Increase rest periods and make substitutions.	Do any of the following: • Cancel the event. • Move the event indoors. • Postpone the event. • Move the event to an area with "good" air quality.

* If you get conflicting results when you compare the AQI to your visual inspection, err on the side of caution. Follow the recommendations for the worse of the two assessments.

**Students with asthma action plans should follow them closely. They should monitor their breathing and exposure to wildfire smoke. Anyone experiencing symptoms should contact a health care provider for further advice. They should call 911 in an emergency.