**Air Quality Guidance for Child Care on Poor Air Quality Days**

<table>
<thead>
<tr>
<th>Air Quality Index (AQI)</th>
<th>0 to 50 GOOD</th>
<th>51 to 100 MODERATE</th>
<th>101 to 150 UNHEALTHY FOR SENSITIVE GROUPS</th>
<th>151 to 200 UNHEALTHY</th>
<th>201 to 300 VERY UNHEALTHY</th>
</tr>
</thead>
</table>
| Outdoor Activities     | No Limitations | No Limitations | Children with respiratory problems like asthma or heart disease should limit their time outside and be encouraged to take extra rest. If you see signs of trouble breathing:  
  • bring the child indoors  
  • follow the child’s asthma treatment plan | Children with respiratory problems like asthma or heart disease should remain indoors. Everyone else should:  
  • limit their time outside  
  • be encouraged to take extra rest | Children with respiratory problems like asthma or heart disease should remain indoors. Everyone else should:  
  • limit their time outside  
  • be encouraged to take extra rest  
  • limit activities to light exercise and play |

To receive a daily email on local air quality go to [www.enviroflash.info/](http://www.enviroflash.info/) and sign up

Check your local news for the daily air quality forecast

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**Weather**

- When there is very hot or very cold weather, it is extremely important that you follow the child’s asthma treatment plan

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Information in this publication is not intended to diagnose health problems or take the place of medical advice. For asthma or any medical condition, seek medical advice from your child’s or your health care professional.