

Air Quality Guidance for Child Care on Poor Air Quality Days

Air Quality Index (AQI)					
Activity	0 to 50 GOOD	51 to 100 MODERATE	101 to 150 UNHEALTHY FOR SENSITIVE GROUPS	151 to 200 UNHEALTHY	201 to 300 VERY UNHEALTHY
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: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> limit their time outside be encouraged to take extra rest limit activities to light exercise and play

This Air Quality Guidance was adapted for New Jersey by the Pediatric/Adult Asthma Coalition of New Jersey from the Minnesota Department of Health:
<http://www.health.state.mn.us/asthmaoutdoorair.html#aqguidanceforschoolschildcarefacilities>

- To receive a daily email on local air quality go to www.enviroflash.info/ and sign up
- Check your local news for the daily air quality forecast

Weather

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