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

<table>
<thead>
<tr>
<th>Activity</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 |

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](http://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

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