## New Jersey Air Quality Guidance for Schools on Poor Air Quality Days for Ozone & Fine Particles

<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 (children &amp; people with respiratory or cardiovascular diseases)</th>
<th>151 to 200 UNHEALTHY</th>
<th>201 to 300 VERY UNHEALTHY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recess or other Outdoor Activities (15 to 30 minutes)</td>
<td>No Limitations</td>
<td>No Limitations</td>
<td>Sensitive groups should limit prolonged or heavy outdoor exertion. Increase rest periods and substitute players to lower breathing rates.</td>
<td>Everyone should limit prolonged or heavy outdoor exertion. Increase rest periods &amp; substitute players.</td>
<td>Restrict outdoor activities to light or moderate exercise.</td>
</tr>
<tr>
<td>Physical Education Class or Outdoor Activities (30 to 60 minutes)</td>
<td>No Limitations</td>
<td>No Limitations</td>
<td>Sensitive groups should limit prolonged or heavy outdoor exertion. Increase rest periods and substitute players to lower breathing rates.</td>
<td>Everyone should limit prolonged or heavy outdoor exertion. Increase rest periods &amp; substitute players.</td>
<td>Restrict outdoor activities to light or moderate exercise not to exceed one hour.</td>
</tr>
<tr>
<td>Scheduled Sporting Events or Outdoor Activities</td>
<td>No Limitations</td>
<td>Unusually sensitive individuals should consider reducing prolonged or heavy outdoor exertion. Individuals with asthma or other respiratory/ cardiovascular illness (or their caregivers) should be medically managing their condition.</td>
<td>Sensitive groups should limit prolonged or heavy outdoor exertion. Increase rest periods and substitute players to lower breathing rates.</td>
<td>Everyone should limit prolonged or heavy outdoor exertion. Consideration should be given to rescheduling or relocating event/activity. Increase rest periods or substitute players.</td>
<td>Event should be rescheduled or relocated.</td>
</tr>
<tr>
<td>Athletic Practice and Training (2 to 4 hours)</td>
<td>No Limitations</td>
<td>Unusually sensitive individuals should consider reducing prolonged or heavy outdoor exertion. Individuals with asthma or other respiratory/ cardiovascular conditions (or their caregivers) should be medically managing their condition.</td>
<td>Sensitive groups should limit prolonged or heavy outdoor exertion. Increase rest periods and substitute players to lower breathing rates.</td>
<td>Limit prolonged or heavy outdoor exertion. Consideration should be given to rescheduling or relocating practice or training. Increase rest periods or substitute players.</td>
<td>Sustained rigorous exercise for more than one hour must be rescheduled, moved indoors or discontinued.</td>
</tr>
</tbody>
</table>

1 Individuals with asthma or other respiratory or cardiovascular conditions (or their caregivers) should be medically managing their condition.

2 Prolonged exertion means any outdoor activity that you will be doing intermittently for several hours and that makes you breathe slightly harder than normal. Heavy exertion means intense outdoor activities that cause you to breathe hard. For more information, visit the US Environmental Protection Agency air quality web sites [www.airnow.gov](http://www.airnow.gov) and [http://www.epa.gov/airnow/aqi_brochure_08-09.pdf](http://www.epa.gov/airnow/aqi_brochure_08-09.pdf)
AIR QUALITY ISSUES

HOW TO USE THE AIR QUALITY GUIDANCE TABLE

PHOTOGRAPHIC EFFECTS: Ozone (O3) is an invisible pollutant and a strong irritant that can cause respiratory problems, cardiovascular disease, and other respiratory diseases. It can also cause other health problems, such as allergies, asthma, and irritable eye syndrome. Ozone levels are highest on hot days and during the summer months.

NOISE POLLUTION: Noise pollution can cause hearing loss and cardiovascular disease. It can also interfere with sleep and contribute to stress and anxiety.

AIR QUALITY INDEX: The Air Quality Index (AQI) is a scale used by the U.S. Environmental Protection Agency to communicate the level of air pollution and its potential impact on human health. It ranges from 0 to 500, with 0-50 being good, 51-100 being moderate, 101-150 being unhealthy for sensitive groups, 151-200 being unhealthy, and 201-500 being very unhealthy.

PUBLIC HEALTH IMPACT: The Public Health Impact of Air Pollution in New Jersey is a comprehensive report that includes information on the health effects of air pollution, including respiratory and cardiovascular diseases, asthma, and other health problems.

PHOTOGRAPHIC EFFECTS: In adults, exposure to high levels of ozone can cause bronchitis, bronchitis, and asthma. In children, exposure can cause asthma, bronchitis, and other respiratory problems.

AIR QUALITY INDEX: The Air Quality Index (AQI) is a scale used by the U.S. Environmental Protection Agency to communicate the level of air pollution and its potential impact on human health. It ranges from 0 to 500, with 0-50 being good, 51-100 being moderate, 101-150 being unhealthy for sensitive groups, 151-200 being unhealthy, and 201-500 being very unhealthy.

PUBLIC HEALTH IMPACT: The Public Health Impact of Air Pollution in New Jersey is a comprehensive report that includes information on the health effects of air pollution, including respiratory and cardiovascular diseases, asthma, and other health problems.

PHOTOGRAPHIC EFFECTS: In adults, exposure to high levels of ozone can cause bronchitis, bronchitis, and asthma. In children, exposure can cause asthma, bronchitis, and other respiratory problems.

AIR QUALITY INDEX: The Air Quality Index (AQI) is a scale used by the U.S. Environmental Protection Agency to communicate the level of air pollution and its potential impact on human health. It ranges from 0 to 500, with 0-50 being good, 51-100 being moderate, 101-150 being unhealthy for sensitive groups, 151-200 being unhealthy, and 201-500 being very unhealthy.

PUBLIC HEALTH IMPACT: The Public Health Impact of Air Pollution in New Jersey is a comprehensive report that includes information on the health effects of air pollution, including respiratory and cardiovascular diseases, asthma, and other health problems.
Asthma is one of the most common chronic diseases in the United States. More information about asthma, medications and self-management, etc. can be found at asthmaalliance.org.

Physical activity is important for physical activity. ADHD children benefit especially from physical activity. A study found that physical activity can improve attention, reduce ADHD symptoms, and increase self-esteem. The importance of physical activity for children with ADHD cannot be overstated. Regular physical activity can help improve ADHD symptoms and promote overall health. For more information about the importance of physical activity, see health.gov/physicalactivity/

For more information about the importance of physical activity, see health.gov/physicalactivity/

The importance of physical activity for children with ADHD cannot be overstated. Regular physical activity can help improve ADHD symptoms and promote overall health. For more information about the importance of physical activity, see health.gov/physicalactivity/