

Minnesota Outdoor Air Quality Guidance for Schools and Child Care

The following recommendations will help schools and child care staff determine when and how to adjust outdoor activities when air quality starts to reach unhealthy levels. Adjust activities accordingly to help children stay active while protecting their health.

OUTDOOR ACTIVITY DURATION

Air Quality Index	15 minutes to 1 hour	1 to 4 hours	4-plus hours
Good (0-50)	Good day to be outside!	Good day to be outside!	Good day to be outside!
Moderate (51-100)	No limitations for most children. For students with health conditions, consider alternatives or modified participation.	Be aware and monitor students with health conditions for changes in their health. Limit activities to light intensity.	Consider moving students inside or to an area with better air quality. Limit to less intense activities and/or limit duration of activity.
Unhealthy for Sensitive Groups* (101-150)	Limit activities to light intensity. Take breaks every 20 minutes. Make indoor space and activities available for sensitive children.	Limit activities to light intensity. Take breaks every 20 minutes. Activities with moderate to heavy exercise intensity should be canceled, rescheduled, or moved indoors.	Limit activities to light intensity and less than four hours in duration. Take breaks every 20 minutes. Activities with moderate to heavy exercise intensity should be canceled, rescheduled, or moved indoors.
Unhealthy (151-200)	Cancel or reschedule all outdoor activities. Keep all students indoors and activity levels light.	Cancel or reschedule all outdoor activities. Keep all students indoors and activity levels light.	Cancel or reschedule all outdoor activities. Keep all students indoors and activity levels light.
Very Unhealthy (201-300)			
Hazardous (301-500)			

*Unhealthy for Sensitive Groups: People with health conditions, or their caregivers, should manage conditions medically. Watch for symptoms, and for worsening symptoms, and have medications handy. Take action with a health care provider as needed.