# Recommendations for Schools and Others Responsible for Children during a Wildfire Smoke Event

**Health Recommendations for Schools, Coaches, and Event Coordinators regarding student exposure to fine particles (smoke and dust) air pollution**

## Air Quality Conditions - Using the NCUAQMD Air Quality Index (AQI) for Wildfire Smoke

The terrain in Humboldt, Del Norte, and Trinity Counties is complex making AQ monitoring a challenge based on weather and topography. The NCUAQMD issues Wildfire Smoke PSAs, Alerts and Advisories which forecasts the AQI (www.ncuaqmd.org, go → Wildfire Smoke AQI Info). Realtime (not forecast) AQI can also be found on the NCUAQMD website via AirNow and other links (go → Current AQ Maps).

<table>
<thead>
<tr>
<th>Activity*</th>
<th>GOOD (AQI : 0-50)</th>
<th>MODERATE (AQI: 51-100)</th>
<th>UNHEALTHY FOR SENSITIVE GROUPS (USG) (AQI: 101-150)</th>
<th>UNHEALTHY (AQI: 151-200)</th>
<th>VERY UNHEALTHY / HAZARDOUS (AQI: 201-300)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visibility*</td>
<td>11+ miles</td>
<td>Visibility 6-10 miles</td>
<td>Visibility 3-5 miles</td>
<td>Visibility 1.5 - 2.75 miles</td>
<td>Visibility &lt; 1.25 miles</td>
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</tbody>
</table>

*Asthma action plans* should be followed at all times. When air quality is diminished, individuals should pay special attention to their Asthma Action Plan.

→ **Light activities**: walking slowly carrying school books, hanging out with friends, playing board games

→ **Moderate activities**: Skateboarding, slow pitch softball, shooting basketballs

→ **Vigorous activities**: Running, jogging, football, soccer, basketball, jumping rope

**How to roughly estimate air quality based on visibility without an air quality monitor or airport visibility estimate:**

1) Face away from the sun. 2) Determine the limit of your visible range by looking for targets at known distances (miles). 3) Visible range is that point at which even high contrast objects totally disappear. 4) Use the values above to determine the local AQI.

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North Coast Unified Air Quality Management District
707 L Street, Eureka CA 95501
(707) 443-3093
www.ncuaqmd.org

Humboldt - Del Norte - Trinity Counties