

MINNESOTA JCC AIR QUALITY & HEALTH OUTDOOR ACTIVITY GUIDANCE

The table below shows when and how to modify outdoor physical activity based on the Air Quality Index. This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to air pollution. *The Minnesota JCC uses the U.S. Environmental Protection Agency's Air Quality & Health Activity Guidance to form our protocols.*

AIR QUALITY INDEX

OUTDOOR ACTIVITY GUIDANCE

GOOD 0-50



Good day to be active outside!

MODERATE 51-100



Good day to be active outside!
Participants/Team Members who are unusually sensitive to air pollution could have symptoms.

UNHEALTHY FOR SENSITIVE
GROUPS 101-150



It's okay to be active outside, especially for short activities.
For longer activities such as sports, take more breaks and do less intense activities.
Watch for symptoms and take action as needed.
Participants/Team Members with asthma should follow their asthma action plans and keep their quick-relief medicine handy.

UNHEALTHY 151-200



For all outdoor activities, take more breaks and do less intense activities.
Consider moving longer or more intense activities indoors or rescheduling them to another day or time.
Watch for symptoms and take action as needed.
Participants/Team Members with asthma should follow their asthma action plans and keep their quick-relief medicine handy.

VERY UNHEALTHY 201-300



Move all activities indoors or reschedule them to another day.

HAZARDOUS 301-500



This level triggers health warnings of emergency conditions. The MN JCC will act immediately and communicate to all Minnesota JCC participants and staff.

