




**Asthma Action Plan** should be in place for each student who has respiratory problems and/or asthma and requires school interventions or restrictions. A student's family physician will be requested to complete an Asthma Action Plan, and should provide the recommended interventions or restrictions they recommend and confirm with a signature. The campus nurse is responsible for maintaining records and providing a list for teachers of their students who have respiratory and/or asthma conditions. The nurse instructs staff as to precautions and interventions for students. Teachers responsible for ROTC, band, dance and spirit organizations, middle school coaches and high school athletic trainers must meet with the campus nurse and review all Asthma Action Plans for students participating in their organizations.

## Air Quality and Outdoor Activity Guidance for Schools

Air Quality Index	Outdoor Activity Guidance
 <p><b>UNHEALTHY FOR SENSITIVE GROUPS</b></p>	<p><b>short activities</b> – All outdoor activities should be limited to short activities.</p> <p><b>longer activities</b> – All outdoor activities should be limited to longer activities with frequent breaks.</p> <p>☺ All outdoor activities should be limited to short activities.</p>
 <p><b>UNHEALTHY</b></p>	<p><b>all outdoor activities</b> – All outdoor activities should be limited to all outdoor activities.</p> <p><b>longer or more intense activities</b> – All outdoor activities should be limited to longer or more intense activities with frequent breaks.</p> <p>☺ All outdoor activities should be limited to short activities.</p>
 <p><b>VERY UNHEALTHY</b></p>	<p><b>all activities</b> – All outdoor activities should be limited to all activities.</p>

### \* Watch for Symptoms

Asthma symptoms include coughing, wheezing, chest tightness, and shortness of breath. Symptoms may be worse at night or in the morning.

#### If symptoms occur:

Use your rescue inhaler as directed. If symptoms do not improve, call your doctor or seek medical attention.

### Go for 60!

Encourage students to get 60 minutes of physical activity each day.

### Plan Ahead for Ozone

Check the Air Quality Index (AQI) for ozone levels. Avoid outdoor activities during peak ozone hours (usually 10 AM to 4 PM) when the AQI is in the Unhealthy or Very Unhealthy range.