

**Subject: AIR QUALITY HEALTH ALERT PLAN**

**Regulation Identifier: HSV-04**

**Office: HEALTH SERVICES**

**Reference:**

**To: All Staff**

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**Reissued By: Don Schmidt**

**District Air Quality Health Alert Plan Air Quality Concerns**—Ground-level ozone is the most common air quality problem in Bexar County. Ozone pollution is a daytime problem when temperatures are high, sunshine is strong, and winds are weak. When this occurs, ozone can accumulate to unhealthy levels, especially for people with

VERY UNHEALTHY

Move **all activities** indoors or reschedule them to another day.

**\* Watch for Symptoms**

Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms.



## Questions and Answers

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### How long can students stay outside when the air quality is unhealthy?

There is no exact amount of time. The worse the air quality, the more important it is to take breaks, do less intense activities, and watch for symptoms. Remember that students with asthma will be more sensitive to unhealthy air.

**Why should students take breaks and do less intense activities when air quality is unhealthy?** Students breathe harder when they are active for a longer period of time or when they do more intense activities. More pollution enters the lungs when a person is breathing harder. It helps to:


- reduce the amount of time students are breathing hard (e.g., take breaks; rotate players frequently)
- reduce the intensity of activities so students are not breathing so hard (e.g., walk instead of run)

### Are there times when air pollution is expected to be worse?

**Ozone pollution** is often worse on hot sunny days, especially during the afternoon and early evening. Plan outdoor activities in the morning, when air quality is better and it is not as hot.

**Particle pollution** can be high any time of day. Since vehicle exhaust contains particle pollution, limit activity near idling cars and buses and near busy roads, especially during rush hours. Also, limit outdoor activity when there is smoke in the air.

### How can I find out the daily air quality?

Go to [www.airnow.gov](http://www.airnow.gov). Many cities have an Air Quality Index (AQI)  that tells you what the local air quality will be later today or tomorrow, and a *cu n*

of asthma. It includes medication plans, control of triggers, and how to recognize and manage worsening asthma symptoms. See [www.cdc.gov/asthma/actionplan.html](http://www.cdc.gov/asthma/actionplan.html) for a link to sample asthma action plans. When asthma is well managed and well controlled, students should be able to participate fully in all activities. For a booklet on “Asthma and Physical Activity in the School,” see <http://www.nhlbi.nih.gov/health/resources/lung/asthma-physical-activity.htm>.



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