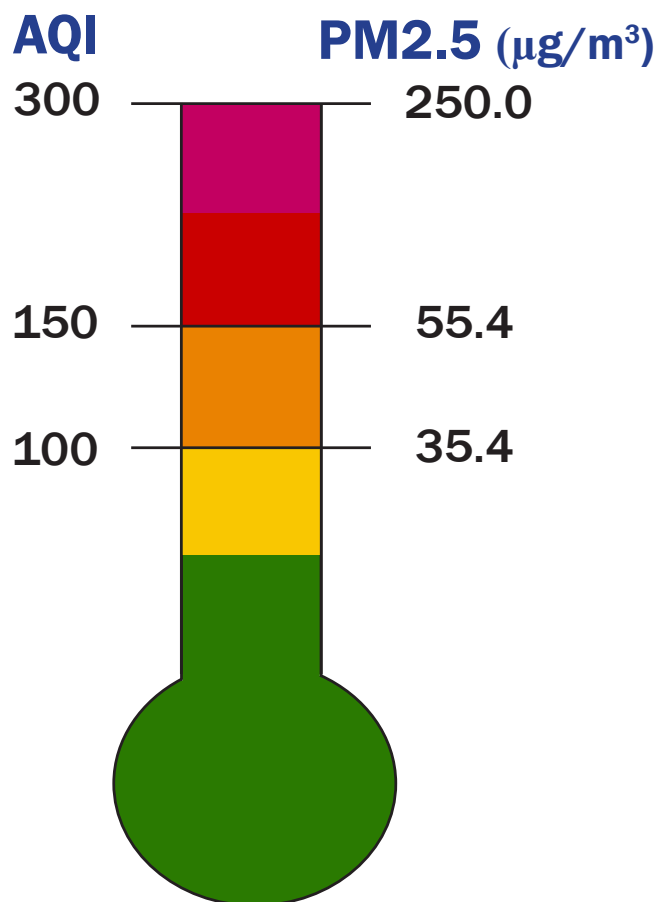


# Recess Guidance for Schools:

When to schedule indoor recess based on air quality.

## Particulate Matter (PM) 2.5 & Air Quality Index (AQI)\* Levels

## Recommendations for Recess



PM2.5 above 55.5

**All students stay indoors.**

PM2.5 35.5 - 55.4

**Students with respiratory symptoms\*\* & sensitive students\*\*\* stay indoors.**

PM2.5 below 35.4

**All students outdoors.**

Check PM2.5 levels at [air.utah.gov](http://air.utah.gov);  
click on "Current."

### Indoor Recess Activity

The school makes the final decision regarding when and where to hold recess. We encourage schools to consider active options for indoor recess. See examples at [health.utah.gov/asthma](http://health.utah.gov/asthma).

\***AQI** is the EPA's index for reporting daily air quality, based on 5 main air pollutants. It tells you how clean or polluted your air is, and its levels of health concern. Learn more at [airnow.gov](http://airnow.gov).

\*\***Respiratory symptoms** may include coughing, wheezing, shortness of breath, and chest tightness.

\*\*\***Sensitive students** may include those with asthma, cystic fibrosis, chronic lung disease, congenital heart disease, compromised immune systems, or other respiratory problems.

Parents, with the advice of their health care provider, should inform the school if they believe their child is part of a sensitive group and should have limited outdoor physical activity when air quality is poor.