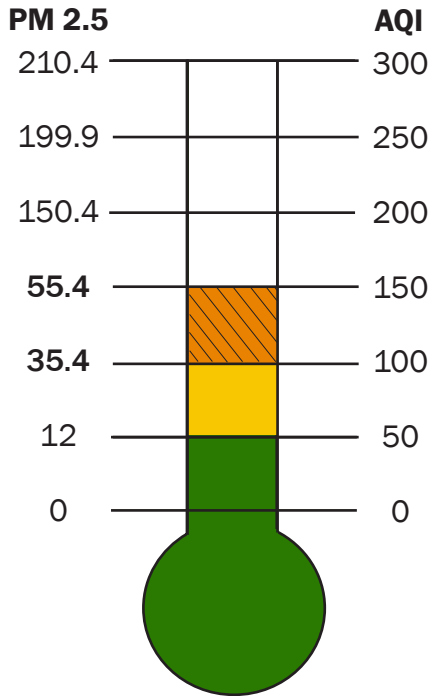


# Recess Guidance for Schools: When to schedule indoor recess based on air quality.

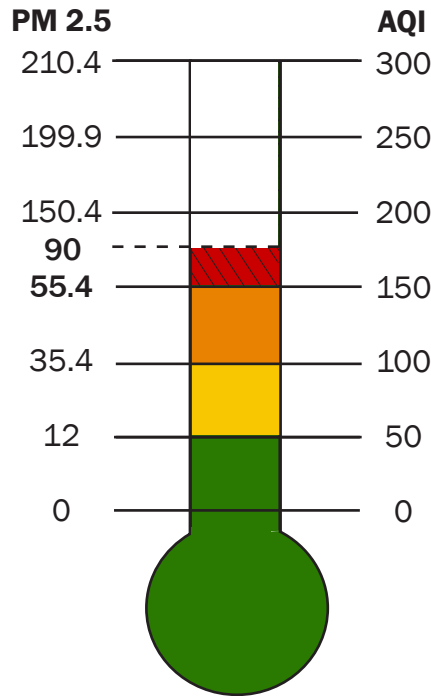
When the Particulate Matter (PM<sub>2.5</sub>) is

35.5 - 55.4 ug/m<sup>3</sup>:



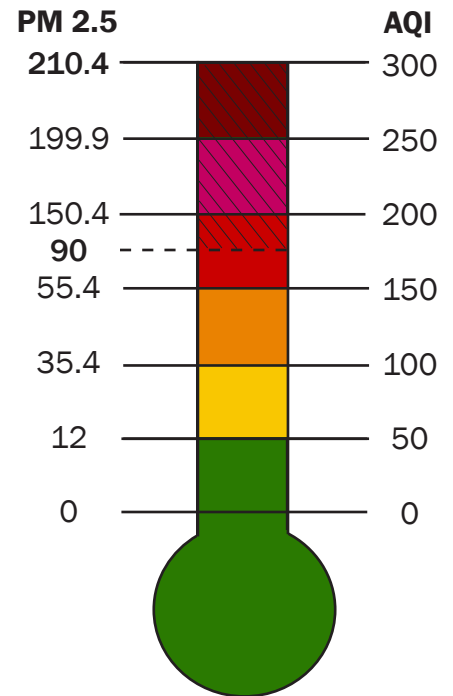
Sensitive students\* should remain indoors for recess.

55.5 - 90 ug/m<sup>3</sup>:



Sensitive students\* and students with respiratory symptoms\*\* should remain indoors for recess.

Above 90 ug/m<sup>3</sup>:



All students should remain indoors for recess.

\*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 who should have limited outdoor physical activity when air quality is poor.

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

To check PM<sub>2.5</sub> levels, visit [www.airquality.utah.gov](http://www.airquality.utah.gov) and click on "Current."