

Oneida Child Care Department

Air Quality Index (AQI): Ozone – Outside Activity Standards

Index Values	Levels of Health Concerns	Cautionary Statements	Child Care Outside Time & Allowed Activities	Air Quality Announcements:
	Good	None	No restrictions	No Announcement needed
51-100	Moderate	Unusually sensitive people should consider reducing prolonged or heavy exertion outdoors.	Outside time: Normal outside time Exertion Guide: Reduce exertion activities	“Attention Classrooms the air quality index for today is Moderate.” and “There will be normal outside time with reduction of prolonged or heavy exertion for children.”
101-150	Unhealthy or Sensitive Groups	Active children adults, and those with lung disease, such as asthma, should reduce prolonged or heavy exertion outdoors.	Outside Time: Reduce outside time to 10 minutes. Exertion Guide: Reduce exertion activities	“Attention Classrooms the Air Quality Index for today is unhealthy for Sensitive Groups.” and “10 minutes of outside time with reduced exertion in activities”
151-200	Unhealthy	Active children, adults and those with lung disease, such as asthma, should avoid prolonged or heavy exertion outdoors. Every one else especially children, should reduce prolonged or heavy exertion outdoors.	Outside Time: No outside time. Exertion Guide: No outside time	“Attention Classrooms the Air Quality Index for today is Unhealthy” and “No outside time for all classrooms.”
201-300	Very Unhealthy	Active children, adults and those with lung disease, such as asthma, should avoid all outdoor exertion. Every one else especially children, should avoid prolonged or heavy exertion outdoors.	Outside Time: No outside time. Exertion Guide: No outside time	“Attention Classrooms the Air Quality Index for today is Very Unhealthy” and “No outside time for all classrooms.”
301-500	Hazardous	Everyone should avoid all physical activity outdoors.	Outside Time: No outside time. Exertion Guide: No outside time	“Attention Classrooms the Air Quality Index for today is Hazardous” and “No outside time for all classrooms.”