






# Sonoma County Family Y Air Quality Guidance

- These guidelines will assist the Y in making decisions about outdoor activities, indoor environments and childcare center closures when air quality is poor.
- The Y will monitor the air quality index (AQI) using EPA's AQI monitoring tools at AirNow .gov, as well as PurpleAir.com
- Activities/closures decisions will be made based on AirNow and/or PurpleAir measurements & local conditions, such as the availability/quality of air filtration & flow of indoor/outdoor air quality
- The Y will share any closures and updates re: AQ via email, push notifications, Y website and social media

AQ INDEX	CALIFORNIA EPA RECOMENDATIONS	YMCA ACTION/PROTOCOL
<b>(0-50) GOOD</b> 	<ul style="list-style-type: none"> <li>➤ Great day to be active outside</li> </ul>	<ul style="list-style-type: none"> <li>➤ No action needed</li> </ul>
<b>(51-100) MODERATE</b> 	<ul style="list-style-type: none"> <li>➤ Good day to be active outside</li> <li>➤ Individuals who are unusually sensitive to air pollution could have symptoms.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Monitor readings, childcare staff be aware of sensitive youth in our programs</li> <li>➤ Monitor &amp; make adjustments if index worsens</li> </ul>
<b>(101-150) UNHEALTHY FOR SENSITIVE GROUPS</b> 	<ul style="list-style-type: none"> <li>➤ Unhealthy for sensitive groups- people w/ lung disease, asthma, children, &amp; older adults</li> <li>➤ It's OK to be active outside for shorter activities (&lt;60 min.)</li> <li>➤ For longer activities such as athletic practice, take more breaks and do less intense activities. Consider moving indoors or rescheduling.</li> <li>➤ Individuals with asthma should follow their asthma action plans and keep their quick-relief medicine handy</li> </ul>	<ul style="list-style-type: none"> <li>➤ Will remind staff that restrictions are in place based on these recommendations</li> <li>➤ Ensure that staff are following the guidelines</li> <li>➤ If <b>AQ150+</b> outdoor classes/programs will be moved indoors or cancelled</li> <li>➤ Monitor &amp; make adjustments if index worsens</li> </ul>
<b>(151-200) UNHEALTHY</b> 	<ul style="list-style-type: none"> <li>➤ Consider moving outdoor activities indoors or rescheduling them</li> <li>➤ Any outdoor activities should be less intense and include a lot of breaks</li> <li>➤ Watch for symptoms and take action as needed. Individuals with asthma should follow their asthma action plans and keep their quick-relief medicine handy</li> </ul>	<ul style="list-style-type: none"> <li>➤ Inform staff that restrictions are in place based on these recommendations</li> <li>➤ Move outdoor activities/programs indoors or cancel (<b>AQ of 150+</b>)</li> <li>➤ Close Cloverdale Pool (<b>AQ of 150+</b>)</li> <li>➤ Ensure that staff are following the guidelines</li> <li>➤ Monitor all facilities for concerns such as poor air filtration or leaky windows</li> <li>➤ Monitor &amp; make adjustments if index worsens</li> </ul>
<b>(201 &amp; higher) VERY UNHEALTHY</b>  <b>250 or higher</b>	<ul style="list-style-type: none"> <li>➤ Move all activities indoors or reschedule them to another day</li> </ul>	<ul style="list-style-type: none"> <li>➤ Remind staff restrictions are in place</li> <li>➤ All outdoor activities remains cancelled</li> <li>➤ Ensure that staff are following the guidelines</li> <li>➤ Continue to monitor facilities for concerns such as poor air filtration or leaky windows</li> <li>➤ If <b>AQ 250+</b> we will consider closing childcare sites</li> </ul>