

Air Quality Flag Program – Yuma Area Activity Schedule for Poor Air Quality Days based on Yuma Dust Control Action Forecast

Activity	GOOD	MODERATE	UNHEALTHY
Recess	No restrictions	No restrictions	<p>Make indoor space available for children with asthma or other respiratory problems.</p> <p>Any child who complains of difficulty breathing, or who has asthma or other respiratory problems should be allowed to play indoors.</p>
Physical education (one hour)	No restrictions	No restrictions	<p>Make indoor space available for children with asthma or other respiratory problems.</p> <p>Any child who complains of difficulty breathing, or who has asthma or other respiratory problems should be allowed to play indoors.</p>
Scheduled sporting event	No restrictions	Exceptionally sensitive individuals should limit intense activity.	<p>Individuals with asthma or other respiratory/cardiovascular illness should be medically managing their condition. Increase rest periods and substitutions to lower breathing rates.</p>
Athletic practices and training (two to four hours)	No restrictions		<p>Activities over two hours should be decreased in intensity and duration. Add rest breaks or substitutions to lower breathing rates.</p> <p>Consideration should be given to rescheduling or relocating event if pollution levels are particularly high.</p>