

# Vermont Children and Youth Activities Guide for Air Quality



**Check air quality index at [AirNow.gov](https://www.airnow.gov) and learn more about air quality, wildfire smoke and your health at [HealthVermont.gov/AirQuality](https://www.healthvermont.gov/AirQuality).**

The following public health recommendations are to protect children and youth (18 years and younger) from fine particle air pollution (PM2.5), for example, wildfire smoke. Apply this guide to school, child care, athletic practices and games, before and after school programs, camps, field trips, and other outdoor programming and activities. Air quality forecasts for the following day can be found at [AirNow.gov](https://www.airnow.gov), typically by 4:00pm. As conditions can change quickly, be sure to check back for updates.

## Outside Air Quality Index (AQI): PM2.5

Activity Duration	Good Green (0-50 AQI)	Moderate Yellow (51-100 AQI)	Unhealthy for Sensitive Groups Orange (101-150 AQI)	Unhealthy, Very Unhealthy or Hazardous Red, Purple, Maroon (≥ 151 AQI)
<b>15 mins to 1 hour</b> (for example, recess, PE, classes typically held outside)	No restrictions.	Allow children and youth with health conditions to opt out or stay indoors. Limit intensity of activities for these children and youth if needed.	Limit to moderate intensity activities outside. For children and youth with health conditions, further limit intensity or move to an area with safer air quality if needed.	Cancel outdoor activity or move to an area with safer air quality, either indoors with filtered air or to a different location. Limit to light intensity activities indoors if indoor PM2.5 levels are elevated.
<b>1-4 hours</b> (for example, athletic events and practices)	No restrictions.	Allow children and youth with health conditions to opt out or stay indoors. Limit intensity of activities for these children and youth if needed.	Limit to light intensity activities or to a 1-hour total duration with moderate intensity activities. If intensity level and time cannot be modified, consider canceling outdoor activity or move to an area with safer air quality, either indoors or to a different location. For children & youth with health conditions, further limit time or intensity if needed.	Cancel outdoor activity or move to an area with safer air quality, either indoors with filtered air or to a different location. Limit to light intensity activities indoors if indoor PM2.5 levels are elevated.
<b>&gt; 4 hours</b> (for example, outdoor school or programming, day camp, overnight camp)	No restrictions.	Move children and youth with health conditions to an area with safer air quality, either indoors or to a different location if needed. Allow children and youth without health conditions to opt out or stay indoors and limit intensity of activities.	Limit to light intensity activities and under 4-hr total duration. If intensity level and time cannot be modified, cancel outdoor activity, or move it to an area with safer air quality, either indoors or to a different location. For children and youth with health conditions, further limit time or intensity if needed.	Cancel outdoor activity or move to an area with safer air quality, either indoors with filtered air or to a different location. Limit to light intensity activities indoors if indoor PM2.5 levels are elevated.

### ADDITIONAL CONSIDERATIONS

Close windows and doors when activities are moved indoors. Pay attention to heat and ensure indoor spaces have clean air. Use air purifiers with a HEPA filter and set air conditioning to recirculate indoor air.

All children and youth 18 and younger are considered a sensitive group. Health conditions include but are not limited to asthma and other lung disease, heart disease, diabetes, and respiratory infection (for example, RSV and pneumonia).

- Activity Examples:
- **Light Intensity Activities** - playing board games, playing catch
  - **Moderate Intensity Activities** - softball, volleyball, climbing on playground
  - **Vigorous Intensity Activities** - running, swimming, soccer