

ENCLOSURE B

USFK AIR QUALITY INDEX GUIDE TO OUTDOOR ACTIVITIES

Korea CAI	US EPA AQI	Recommended Behavioral Guidelines and Activity Modifications					
		General Public and Military Non-Mission Critical Activities	Sensitive Groups***	Schools, Child Development Centers, and Child and Youth Services			
				Recess and Other Outdoor Activities (typically <30 minutes)	Physical Education (P.E.) Class (typically <1 hour)	Athletic Practice and Training (typically <4 hours)	Scheduled Athletic Event (typically <4 hours)
Good (0-50)	Good (0-50)	No limitations to outdoor activities. It's a great day to be active outside!					
Moderate (51-100)	Moderate (51-100)	No limitations	Unusually Sensitive Individuals: Consider reducing prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath.	No limitations	Monitor sensitive individuals and limit their vigorous activities.	Monitor sensitive individuals and limit their vigorous activities.	Monitor sensitive individuals and limit their vigorous activities.
Unhealthy (101-250)	Unhealthy for Sensitive Groups (101-150)	No limitations	Reduce prolonged or heavy exertion. Take more breaks and reduce intensity of activities. Watch for symptoms such as coughing, chest pain, or difficulty breathing. Follow individual treatment care plan.	It's OK to be active outside for short periods. Watch for symptoms such as coughing, chest pain, or difficulty breathing. Monitor students with chronic medical conditions and follow treatment care plans.	It's OK to be active outside for short periods. Watch for symptoms such as coughing, chest pain, or difficulty breathing. Monitor students with chronic medical conditions and follow treatment care plans.	Take more breaks and reduce intensity of activities. Watch for symptoms such as coughing, chest pain, or difficulty breathing. Monitor individuals with chronic medical conditions and follow treatment care plans.	Increase rest periods and substitutions for all participants to lower breathing rates. Watch for symptoms such as coughing, chest pain, or difficulty breathing. Monitor individuals with chronic medical conditions & follow treatment care plans.
	Unhealthy (151-200)	Reduce prolonged or heavy exertion. Take more breaks and reduce intensity of outdoor activities.	Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling.	Keep all students indoors.	Conduct P.E. indoors in an environment with good air quality.	Conduct practice and training indoors in an environment with good air quality.	Consider rescheduling event. If outdoor event is held, have emergency medical support immediately available. Increase rest periods and substitutions for all participants to lower breathing rates. Monitor individuals with chronic medical conditions and follow treatment care plans.
	Very Unhealthy (201-300)	Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling.	Avoid all physical activity outdoors. Move activities indoors or reschedule.	Keep all students indoors.	Conduct P.E. indoors in an environment with good air quality.	Conduct practice and training indoors in an environment with good air quality.	Reschedule event.
Very Unhealthy (251-500)	Hazardous (301-500)	Avoid all physical activity outdoors. Move activities indoors or reschedule.	Avoid all physical activity outdoors.	Keep all students indoors.	Conduct P.E. indoors in an environment with good air quality.	Conduct practice and training indoors in an environment with good air quality.	Reschedule event.

***Sensitive Groups include people with heart or lung disease, older adults (who may have undiagnosed heart or lung disease), and children.