

Subject: AIR QUALITY HEALTH ALERT PLAN

Regulation Identifier: HSV-04

Office: HEALTH SERVICES

Reference:

To: All Staff

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District Air Quality Health Alert Plan Air Quality Concerns—Ground-level ozone is the most common air quality problem in Bexar County. Ozone pollution is a daytime problem when temperatures are high, sunshine is strong, and winds are weak. When this occurs, ozone can accumulate to unhealthy levels, especially for people with

VERY UNHEALTHY

Move **all activities** indoors or reschedule them to another day.

*** Watch for Symptoms**

Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms.

Questions and Answers

of asthma. It includes medication plans, control of triggers, and how to recognize and manage worsening asthma symptoms. See www.cdc.gov/asthma/actionplan.html for a link to sample asthma action plans. When asthma is well managed and well controlled, students should be able to participate fully in all activities. For a booklet on “Asthma and Physical Activity in the School,” see <http://www.nhlbi.nih.gov/health/resources/lung/asthma-physical-activity.htm>.



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