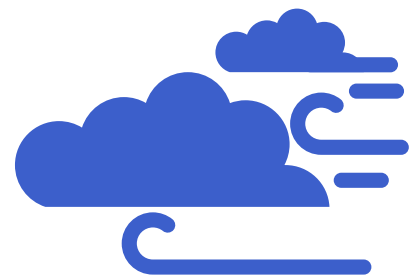




SAN MATEO-  
FOSTER CITY  
SCHOOL DISTRICT

# SAN MATEO- FOSTER CITY SCHOOL DISTRICT

## AIR QUALITY PREPARATION & RESPONSE 2021-2022



## Addressing air quality

The SMFCSD prioritizes the safety of all students and staff. I strongly recommend that we communicate early and often when our local air quality becomes unhealthy.

## How does SMFCSD monitor air quality?

SMFCSD Student Services officials monitor daily air quality conditions at 8am and noon. We utilize information from [airnow.gov](http://airnow.gov) which receives information courtesy of the Bay Area Air Quality Management District.



BAY AREA AIR QUALITY  
MANAGEMENT DISTRICT

### South Central Bay

Redwood City

39

51

56

57

63

Hourly

0

1

2

3

4

**What steps can be taken in classrooms when air quality index score enters the unhealthy range?**

- **Doors and windows should be shut.**
- **Set the central system's circulating fan to operate (set to "ON" rather than "AUTO").**
- **Use portable air cleaner. Portable air cleaners work best when run continuously with doors and windows closed.**
- **When air quality improves, even temporarily, "air out" buildings to reduce indoor air pollution.**
- **Damp mop, dust, and clean with a high efficiency particulate air [HEPA] filter-equipped vacuum.**

## How do COVID and air quality intersect?

According to Director of Air Pollution and Health Research Stanford University Mary Prunicki, bad air quality can make you more susceptible to COVID-19. It's the same reason cigarette smoking is one of the major risk factors for poor outcomes when catching COVID, Prunicki said.

“Yes, and in fact, a study just came out from Harvard showing that when we had the fires [in 2020] in the Bay Area that there’s an association between COVID activity rates and death rates. There’s an association with the level of particulate matter in the air,” Prunicki said.

A study published in the journal Science tied airborne particulate matter from wildfire smoke in 2020 to a surge in Covid-19 cases and deaths in California, Oregon and Washington.

"Fine particulate matter air pollution can be an additional vehicle for spreading the virus even faster," said Francesca Dominici, a co-author of the study.

"Considering that we are seeing an increased risk of cases from the Delta [variant] and we already have the wildfires, that's going to be concerning."

What are the  
recommendations  
if the air quality  
becomes  
unhealthy for  
sensitive groups?

RECESS

PE

GAMES

PRACTICE

**101 to 150  
UNHEALTHY FOR  
SENSITIVE GROUPS**

Make indoor space  
available for children with  
asthma or other  
respiratory problems.

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Individuals with asthma or  
other respiratory/  
cardiovascular illness  
should be medically  
managing their condition.  
Increase rest periods and  
substitutions to lower  
breathing rates.

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What are the recommendations if the air quality becomes unhealthy?

RECESS

PE

GAMES

PRACTICE

**151 to 200  
UNHEALTHY**

Any child who complains of difficulty breathing, or who has asthma or other respiratory problems, should be allowed to play indoors.

Any child who complains of difficulty breathing, or who has asthma or other respiratory problems, should be allowed to play indoors.

Consideration should be given to rescheduling or relocating event.

Activities over 2 hours should decrease intensity and duration. Add rest breaks or substitutions to lower breathing rates.

What are the recommendations if the air quality becomes very unhealthy?

PRACTICE

GAMES

PE

RECESS

Sustained rigorous exercise for more than one hour must be rescheduled, moved indoors or discontinued.

Event should be rescheduled or relocated.

Restrict outdoor activities to light to moderate exercise not to exceed one hour.

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201 to 300 VERY UNHEALTHY

School districts should consider the factors below, in addition to any other relevant local conditions or concerns, when deciding to close school.

## **School Air Quality Activity Recommendations**

### Health and Safety:

- Indoor air quality. Ventilation and filtration systems at schools may offer a higher level of protection than residential systems.
- Supervision. The school environment provides appropriate student supervision by trained and caring adults who can ensure students remain indoors.
- Student support services. School may be the primary place where students receive needed health and counseling services.
- Nutrition services. Schools serve healthy meals to a significant proportion of students. If school is closed, it is a substantial challenge at best for LEAs to feed students