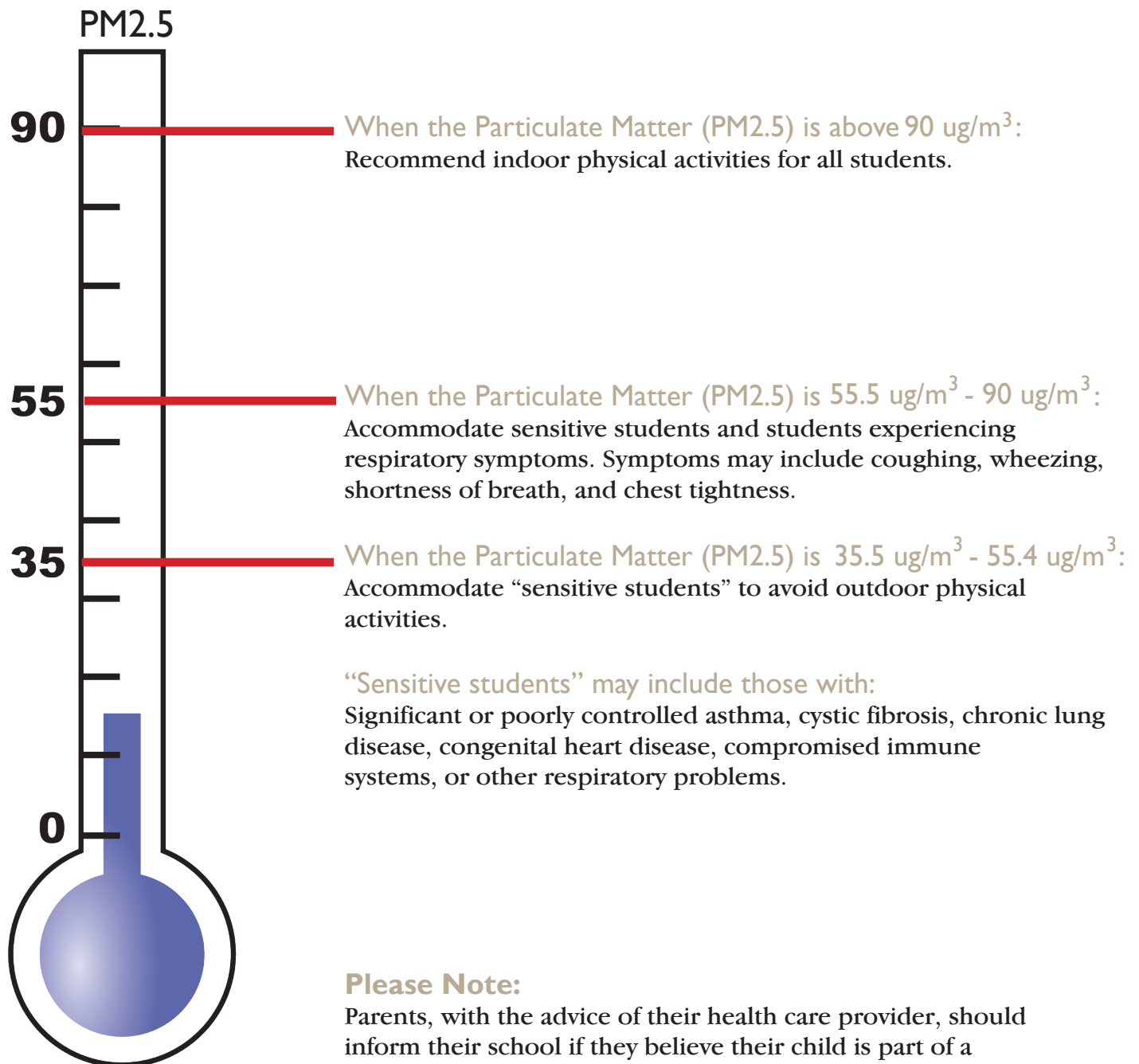


# Recess Guidance for Schools:

## When to schedule indoor recess rather than outdoor recess based on the air quality in your communities.

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### Please Note:

Parents, with the advice of their health care provider, should inform their school if they believe their child is part of a “sensitive” group who should have limited outdoor physical activity when the air quality is poor. Visit [www.health.utah.gov/asthma](http://www.health.utah.gov/asthma) for a sample letter for parents.

To check the current PM2.5 levels, visit [www.airquality.utah.gov](http://www.airquality.utah.gov) and click on “current conditions.”