

Protect Students' Health



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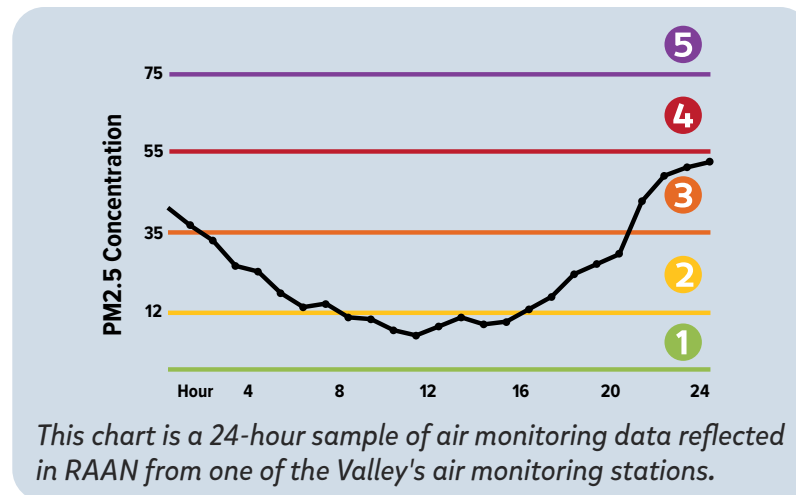
A program of the San Joaquin Valley Air Pollution Control District

Air Quality Info

The Real-time Air Advisory Network (RAAN) is a system of air monitors across the Valley that helps schools and individuals make decisions on whether air quality is acceptable for outdoor activities. RAAN can be accessed through the **Valley Air app** or by visiting myRAAN.com.

RAAN offers

- Hourly air quality data for your area, 24 hours a day
- Automated emails, text messages or app alerts when there are changes in air quality
- Guidelines for outdoor activities



This chart is a 24-hour sample of air monitoring data reflected in RAAN from one of the Valley's air monitoring stations.

Real-time Outdoor Activity Risk (ROAR) Guidelines

To help schools make informed decisions, RAAN offers guidelines for outdoor activities based on exposure duration, exercise intensity and air quality level.

Air Quality Level	One Hour Activity Recommendation
Level 1	No restrictions.
Level 2	Sensitive individuals should consider reducing prolonged and/or vigorous outdoor activities.
Level 3	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.
Level 4	Sensitive individuals should exercise indoors. Everyone should avoid prolonged or vigorous outdoor activities.
Level 5	Everyone should avoid outdoor activity.

For full guidelines, visit www.healthyairliving.com/ROAR

Please Don't Idle

Idling your vehicle while dropping off or picking up students from school creates air pollution directly where children play and learn.



TURN OFF YOUR ENGINE

- Children face more risks from air pollution because their lungs are still developing and they breathe in more air than adults
- Idling an older gas vehicle for more than 1 or 2 minutes pumps out more emissions than turning off the engine
- Idling wastes fuel and money, and excessive idling can damage your vehicle

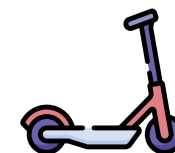
The District strongly encourages school sites to adopt no idling policies. The message is simple:

While waiting for your child, please turn off your engine.

Alternatives To Driving Your Kids To School



Skateboard



Scooter



Roller Skate



Public Transit



Bicycle



Carpool

Free Tools for Schools & Families

- Healthy Air Heroes Activity Kit for grades K-6
- No Idling signs in both English & Spanish
- Virtual or in-person presentations for students, parents & staff
- Resources to display current air quality info at schools
- Info booths at events (open house, science night, health fairs, etc.)