



TODAY'S AIR QUALITY



Coughing or shortness of breath are signs to take it easier.

It's OK to go outside and be active for recess or PE class. For longer activities, take it a little easier. Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.

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Coughing or shortness of breath are signs to take it easier.



For all outdoor activities, take more breaks and do less intense activities. Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.

