



Protect Students' Health!



The Valley Air District helps you receive air quality information when you need it.

559.230.6000



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A program of the San Joaquin Valley Air Pollution Control District  
[www.valleyair.org](http://www.valleyair.org) | [public.education@valleyair.org](mailto:public.education@valleyair.org)

### Real-Time Air Advisory Network

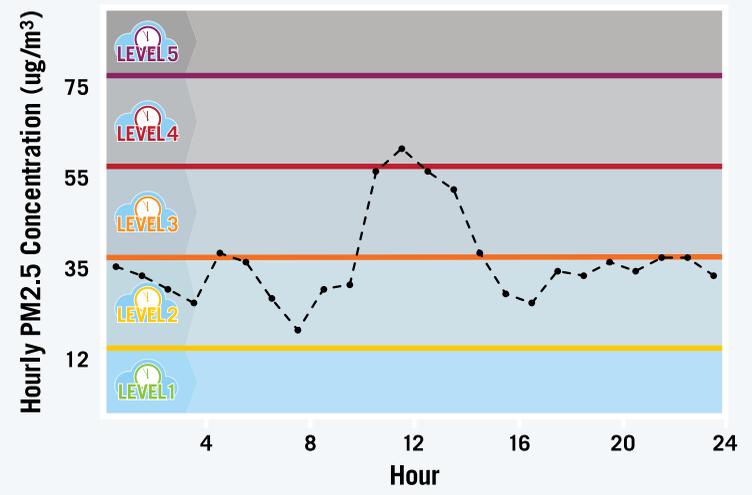
RAAN helps schools and individuals make decisions on whether current air quality is acceptable for outdoor activities. RAAN is free and it's easy use. Visit [www.valleyair.org/RAAN](http://www.valleyair.org/RAAN) to find information on how to use RAAN and link to the air monitoring stations of your choice, all from the comfort of your computer or smartphone!



### RAAN offers

- Online or Smartphone access to the most up-to-date hourly air-quality information for your area, 24 hours a day
- Access to actual concentrations of Ozone and Particulate Matter (PM2.5) in your area
- Automated emails, text messages or app alerts about significant changes in air quality

The chart below 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)

RAAN also offers ROAR guidelines, which are important health recommendations for outdoor exercise based on the duration of exposure, intensity of exercise and air quality level. This health-protective guide gives you the critical information you need to make decisions about your outdoor activity. The following graphic is a sample of activity recommendations based on one hour. For complete ROAR guidelines, visit [www.valleyair.org/RAAN](http://www.valleyair.org/RAAN).

Air Quality Level	One Hour Activity Recommendation
<b>LEVEL 1</b> Good	No restrictions.
<b>LEVEL 2</b> Moderate	Sensitive individuals should consider reducing prolonged and/or vigorous outdoor activities.
<b>LEVEL 3</b> Unhealthy for Sensitive Groups	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.
<b>LEVEL 4</b> Unhealthy	Sensitive individuals should exercise indoors. Everyone should avoid prolonged or vigorous outdoor activities.
<b>LEVEL 5</b> Hazardous	Everyone should avoid outdoor activity.

### NO Idling

A topic of concern regarding the Valley's air pollution and its health effects is idling vehicles. The latest data paints an alarming picture.



**TURN OFF YOUR ENGINE**

- Almost half of students who are driven to school in private vehicles live within one mile of the campus
- Engines left idling pump a large amount of harmful pollution into the air, posing a threat to your students' health.
- Idling a vehicle for more than 1 or 2 minutes pumps out more emissions than turning off the engine and restarting it.
- In addition to long-term health effects from air pollution, poor air quality can affect asthma, from which Valley students suffer disproportionately.

The Air District strongly encourages school sites to adopt no idling policies.

**The message is simple:** While waiting for your child, please turn off your engine.

Try these alternatives to driving your children to school:

