

Extreme Heat and AQI Guidelines

AQI Values	Level of Health Concern	Cautionary Statements	Outdoor Activities, Practices, Games and Camps	Temperature Degrees Fahrenheit
0-50	Good	None	<ul style="list-style-type: none"> Frequent hydration whenever needed 	
51-100	Moderate	Unusually sensitive people should Consider reducing prolonged or Heavy exertion outdoors	<ul style="list-style-type: none"> Frequent hydration whenever needed Frequent shade breaks 	Always
101-150	Unhealthy for sensitive groups	Active children and adults, and People with lung disease, such as asthma, should reduced Prolonged or heavy exertion outdoors	<ul style="list-style-type: none"> Suggested practice before 2:00 pm and after 6:00 pm Frequent hydration whenever needed Frequent shade breaks 	
151-174	Unhealthy	Active children and adults, and People with lung disease, such As asthma, should avoid Prolonged or heavy exertion Outdoors. Everyone else, Especially children, should reduce Prolonged or heavy exertion outdoors	<ul style="list-style-type: none"> No practice with pads outside from 2:00 p.m. to 6:00 p.m. No distance running training from 2:00 p.m. to 6:00 p.m. Frequent hydration whenever needed Frequent shade breaks Indoor activities suggested 	100 to 104
175-200	Unhealthy	Active children and adults, and People with lung disease, such As asthma, should avoid Prolonged or heavy exertion Outdoors. Everyone else, Especially children, should reduce Prolonged or heavy exertion outdoors	<ul style="list-style-type: none"> No practice outside from 2:00 p.m. to 6:00 p.m. No pads No distance running training Frequent hydration whenever needed Frequent shade breaks Indoor activities suggested 	105 to 107
201-300	Very unhealthy	Active children and adults, and people with lung disease, Such as asthma, should avoid all Outdoor exertion. Everyone Else, especially children, should Avoid prolonged or heavy exertion Outdoors.	<ul style="list-style-type: none"> No Outside Practice No Contests or Games <p style="text-align: center;">CIF Events To Be Determined</p>	108 and over
301-500	Hazardous	Everyone should avoid all physical Activity outdoors.	<ul style="list-style-type: none"> None No Activities indoor or outside 	108 and over

AQI Determined by San Joaquin Valley Unified Air Pollution Control District (SJVUAPCD) forecast in the Bakersfield Californian on that day

Temperature As forecasted on weather.com