

"To improve the health of our communities by identifying and assuring sustainable solutions to community health issues."

Child Care Provider – Advisory for “unhealthy” air quality

Due to smoke from forest fires, air quality in the area has reached an “unhealthy” level. Public health officials are alerting people to limit outdoor activity to protect health. Children and infants are at greatest risk of exposure to the “unhealthy” air quality because their bodies, lungs, and immune systems are still developing and they breathe at a faster rate than adults causing them to inhale more air pollutants.

As a child care provider you can help reduce children’s exposure to air pollution by doing the following:

- Limit children’s outdoor activity.
- If children have asthma or other respiratory conditions, discuss the situation and medications with the children’s parents. Pay close attention to asthmatic children during alerts and keep medication close by in case of breathing difficulties.
- Seek medical treatment for uncontrolled coughing, wheezing, choking, or if breathing difficulty continues once they are indoors.
- Ensure children stay well-hydrated by drinking plenty of water. Staying hydrated helps dilute phlegm in the respiratory tract making it easier to cough smoke particles out. Plan on children coughing, it is nature’s way of clearing lungs.
- Develop a policy for “unhealthy” air quality days.

Daily updates on air quality conditions at various locations in Idaho are available on [DEQ's Air Quality Reports and Forecasts webpage](#). For areas where air quality monitors are not available, the [Visibility Range and AQI Table](#) can help determine the necessary precautions to take.

Serving Valley, Elmore, Boise, and Ada Counties

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