

Playtime Alert		Air Quality Health Index			Relative Humidity Index										
		Information for Central/Western Station as advised by the EDB.			Information for Wong Chuk Hang from Hong Kong Observatory										
Level	Action	Health Risk Category	AQHI	Recommended Precautionary Actions	RH %	28C	29C	30C	31C	32C	33C	34C	35C	36C	
Green Play	Play as normal	Low	1-3	No response action is required	50	28.4	29.7	31	32.6	34.4	36.3	38.4	40.7	43.1	
					60	29.4	31	32.8	34.8	37.1	39.5	42.2	45.1	48.1	
					70	30.7	32.7	35	37.6	40.4	43.5	46.8	50.3	54.2	
		Moderate	4-6	No response action is required	80	32.1	34.7	37.7	40.9	44.4	48.1	52.2	56.5	61.2	
					90	33.7	37.1	40.7	44.7	49	53.5	58.4	63.7	69.2	
					100	35.6	39.7	44.2	49	54.2	59.7	65.5	71.7	78.2	
Amber Play	Wear a hat	High	7	Children are advised to reduce outdoor physical exertion, and to reduce the time of their stay outdoors.	Take Care	<ul style="list-style-type: none"> – Educate students on signs and symptoms of heat stroke. – Modify activities to suit abilities of students. – Monitor students regularly. – Encourage students to drink fluids. 									
	Drink plenty of water					More Caution	<ul style="list-style-type: none"> – Schedule classes to involve breaks. During breaks, monitor students to ensure they rehydrate. – Plan activities to limit over-exertion. – Consider modifying activities to maximise use of shaded/indoor areas. 								
	Reduce physical activity														
Red Play	No running	Very High	8-10	Children are advised to reduce to the minimum outdoor physical exertion, and to reduce to the minimum the time of their stay outdoors.	Danger	<ul style="list-style-type: none"> – Heat Exhaustion likely with prolonged exposure. – Limit exposure to short periods of non-intensive activities. 									
	No ball games														
	Stay in the shade	Serious	10+	Children are advised to avoid outdoor physical exertion, and to avoid staying outdoors.	Extreme Danger	<ul style="list-style-type: none"> – Heat stroke likely. – Sun burn likely (especially for swimming). – Do not proceed with outdoor or off-site physical activities whether in the shade or not. – Use indoor facilities only. 									