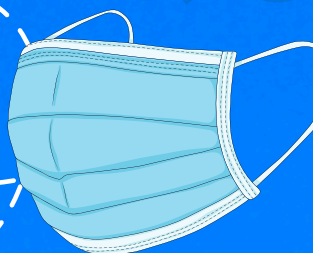


QSID Mask Policy



At QSI Dushanbe, we care about our student and staff health and wellbeing.

We check the air quality before snack recess, lunch and any outdoor learning.

We use the American Air Quality Index (AQI) on [AQICN](#) or [AirNow.gov](#) sites. Based on these measurements, we take the following actions:

Moderate (51-100) Unusually sensitive people should consider reducing prolonged or heavy outdoor exertion.	Recess Outdoor Lunch Recess Outdoor	PE and Outdoor Activities Outdoor
Unhealthy for Sensitive Groups (101-150) Everyone should limit prolonged or heavy outdoor activities; especially children, older adults, and people with heart or lung disease. All doors and windows must remain closed throughout the day.	Recess Outdoor (masks encouraged) Lunch Recess Outdoor for last 15 minutes. (<i>masks encouraged</i>)	PE and Outdoor Activities Use a combination of indoor/outdoor time. Outdoor time not to exceed 15 minutes. (<i>masks encouraged</i>)
Unhealthy (151 - 200) The following groups should avoid all physical outdoor activity: <ul style="list-style-type: none">• People with heart or lung disease• Children• Older Adults. Everyone else should avoid prolonged or heavy exertion.	Recess Outdoor (masks required) Lunch Recess Outdoor for last 15 minutes. (<i>masks required</i>)	PE and Outdoor Activities Use a combination of indoor/outdoor time. Outdoor time to not exceed 15 minutes. (<i>masks required</i>)
Very Unhealthy (201-300) Everyone should avoid any outdoor exertion; people with respiratory or heart disease, the elderly and children should remain indoors.	Recess Indoor Lunch Recess Indoor	PE and Outdoor Activities Indoor
Hazardous (301-500) Everyone should avoid any outdoor exertion; people with respiratory or heart disease, the elderly and children should remain indoors.	Recess Indoor Lunch Recess Indoor	PE and Outdoor Activities Indoor

Parent option to keep student(s) home for an excused absence, but school is open.

Students who do not have masks when they are required, will remain indoors for their safety.

To help us safeguard your children, please ensure you send them to school with a supply of masks.