The recommended smart phone app is called “Air Quality China.” The app includes 11 monitoring stations around Shanghai, which can be selected from a drop down menu. SCIS-Hongqiao uses three sources throughout the day:

1. US Consulate
2. Jingan
3. Shanghai Normal University

1. To set up the app (iOS), launch the Air Quality China app, and click on the + button. On the next screen, click on “Settings.”

2. If Shanghai is listed, click on the “i” button. If not, click on the “+” button to add Shanghai.

3. Next, you can select the monitoring stations you would like to submit data (the three we use are selected below). Click “Done.” Now you can monitor the daily and monthly air quality.
SCIS Air Quality Guidelines

- **0 – 150**
  - Activities will be not be affected

- **150 – 200**
  - The school will limit outdoor exposure for all students from heavy exertion levels

- **200+**
  - All outdoor activities for all students are canceled