

## School Policy on Fine Particulate Matter 2.5 (PM 2.5)

The impact of PM 2.5 varies depending on age, individual health, and generally is greater for younger children. PM 2.5 levels can change very significantly within a short period of time, from location to location and depending on weather/wind conditions. High levels have the potential to cause health problems. Tokyo-to monitors air pollutant levels, including PM 2.5, at 47 locations in Tokyo and posts readings every hour on this website:

<http://www.taiki.kankyo.metro.tokyo.jp/cgi-bin/bunpu1/p282.cgi?pm25>

The monitoring point closest to Shibuya is Udagawacho (next to Shibuya station, line 14 on the link above); and Setagaya (line 12 on the link above) is the closest to our Showa campus. We check the information for each location three times a day at 8:00 am, 11:00 am, and 2:00 pm. If any of these readings give cause for concern, we monitor the hourly readings and make decisions about outdoor activity based on these guidelines.

### PM 2.5 Level Guidelines

*Based on a rolling average of three consecutive readings from the nearest monitoring station:*

0-34 micro g/m<sup>3</sup>: No action

35-49 micro g/m<sup>3</sup>: Children with respiratory problems, such as asthma, remain indoors during breaks and PE lessons, and parents are contacted if such children are due to take part in sports fixtures.

50-69 micro g/m<sup>3</sup>: Primary School outdoor activities are suspended - Primary students move indoors until the three-hour average level falls below 50 micro g/m<sup>3</sup>.

70-150 micro g/m<sup>3</sup>: Primary and Secondary School outdoor activities are suspended and all students stay indoors.

Our medical staff will monitor the situation and advise our community – including parents - of the situation.

Please note that we will modify this policy as further official information and guidelines become available.

There are two types of masks that may provide some protection against PM 2.5:  
N95 mask (based on the National Institute of Occupational Safety and Health (NIOSH) Standard)  
DS1 mask (based on the Dust Respirator Standard as specified by the Japanese Ministry of Health, Labour and Welfare)

The BST medical team will keep parents informed of any pertinent new information as this becomes available.

If you would like any further information please contact the school nurses:

Mariko Toyoshi & Arisa Inoue – [nurses@bst.ac.jp](mailto:nurses@bst.ac.jp)

Shibuya Medical Room – 03 5467 4366

Showa Medical Room – 03 3411 4213

Best Regards,  
The British School in Tokyo  
Health and Safety