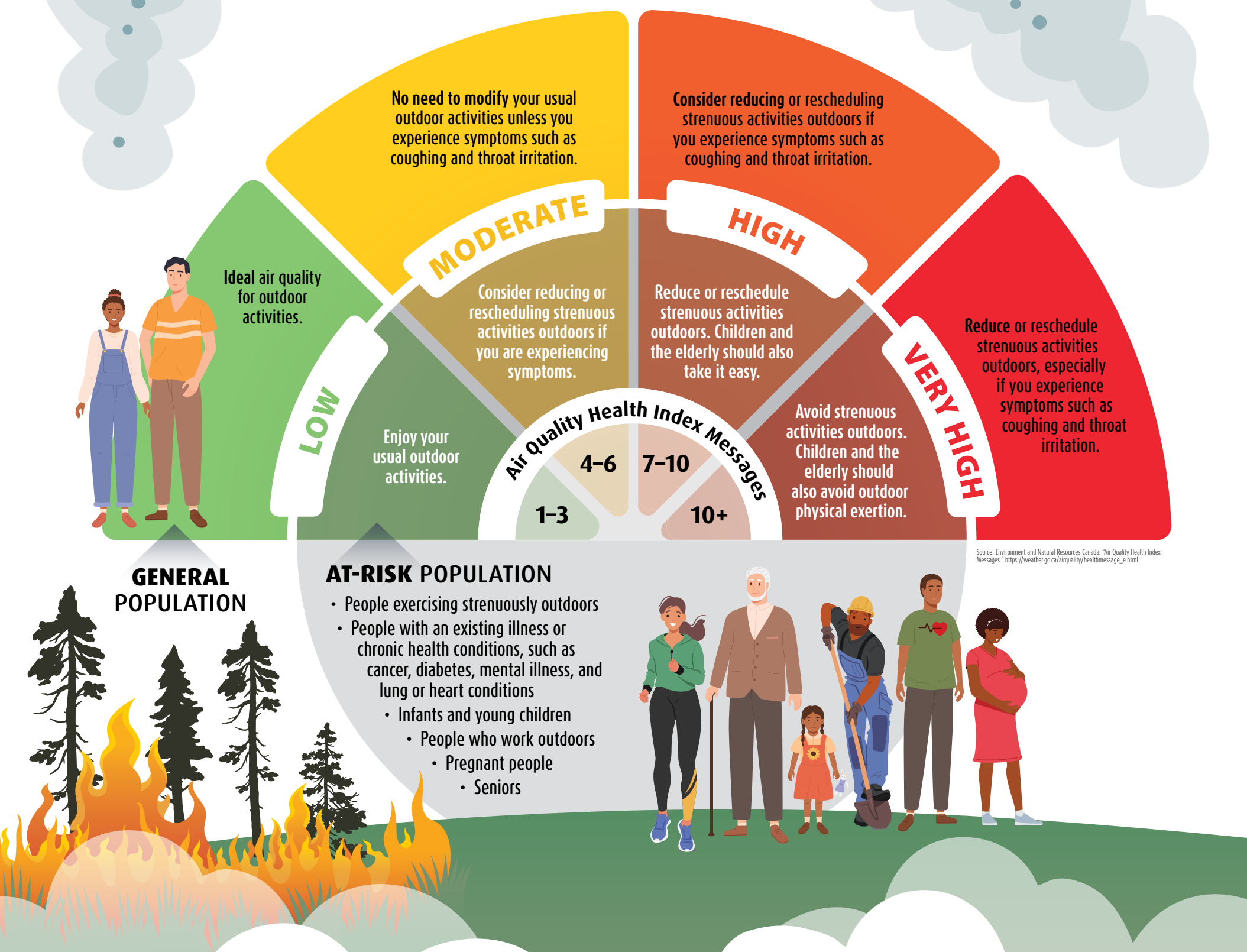


# Air Quality and You

Poor air quality, caused by pollution or wildfire smoke, can significantly affect your health.


The Government of Canada monitors the impact of air quality on people's health using an **Air Quality Health Index (AQHI)**. When the index is high or very high, an air quality statement or advisory will be issued.

This includes health messaging for **general and at-risk populations**.



During the wildfire season, you can reduce the impacts of poor air quality by doing the following:

  
Drinking plenty of water to remain well hydrated.

  
Setting air conditioning units to recirculate to avoid drawing smoke indoors, including in cars.

  
Turning on room air cleaners with HEPA filters, if available.

  
Staying indoors with windows and doors closed, using fans to circulate the air and keep the room cool.

  
Keeping indoor air cleaner by avoiding smoking or burning other materials.