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.

No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.

Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.

MODERATE

Consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.

HIGH

Reduce or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.

Avoid strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.

Reduce or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.



GENERAL POPULATION

for outdoor activities.

> **Enjoy your** usual outdoor activities.

Health Index Message A-6 7-10

1-3

10+



AT-RISK POPULATION

- People exercising strenuously outdoors
- People with an existing illness or chronic health conditions, such as cancer, diabetes, mental illness, and lung or heart conditions
 - Infants and young children
 - People who work outdoors
 - Pregnant people
 - Seniors



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.

