

PROTECTING YOURSELF FROM WILDFIRE SMOKE

1 Reduce or reschedule outdoor activities. Stay indoors and avoid physical exertion.



2 Drink lots of water to reduce the inflammation caused by wildfire smoke.



3 If you experience symptoms of smoke exposure, leave the smokey environment and find cool, clean air. Symptoms include:

- headaches
- coughing
- irritated and watery eyes
- nose, throat and sinus irritation



4 Prevent wildfire smoke from entering your home by properly sealing doors and windows and keeping them shut.

5 Consider purchasing a certified portable air purifier to remove smoke from indoor air.



6 Ensure you have a working carbon monoxide alarm in your house.

7 If you do not have access to clean indoor air, visit public spaces like community centres, libraries, and shopping malls which have cooler, cleaner air.



8 While driving, keep the vehicle windows closed and set the ventilation system to recirculate to avoid drawing in outdoor air.



9 If you have a chronic health condition, work with your healthcare providers to create a management plan for smokey conditions.



10 Use the Air Quality Health Index (AQHI) to evaluate local and regional air quality and plan accordingly.



Access the AQHI here!