



Wildfire Smoke and Your Health

Wildfire smoke can harm your eyes, lungs, and heart.

It carries tiny particles that can:

- ∞ Make your eyes burn or nose run
- ∞ Trigger coughing, asthma, bronchitis
- ∞ Make heart or lung conditions worse

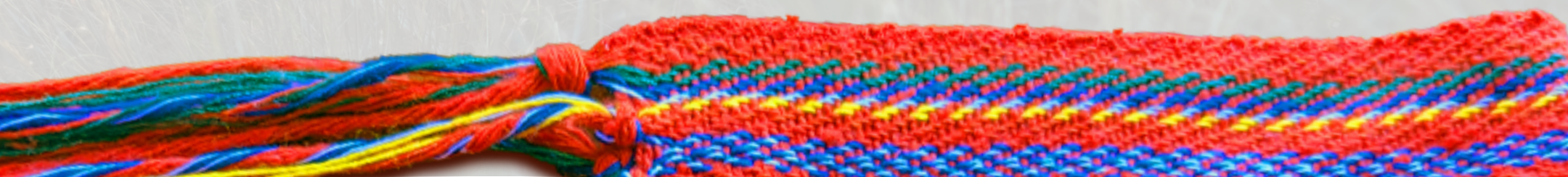
Who's Most At Risk

You may feel the effects sooner if you:

- ∞ Have asthma, COPD, heart disease
- ∞ Are pregnant
- ∞ Are an Elder or a young child
- ∞ Work or play outside a lot
- ∞ Smoke
- ∞ Have pets (keep them indoors too!)

What To Do When Air Quality is Poor:

- ∞ Stay inside with windows and doors closed
- ∞ Use an air purifier (HEPA filter) or box fan filter
- ∞ Run A/C on recirculate
- ∞ Wear a mask (N95, KN95, or P100) if you go out
- ∞ Drink lots of water to keep airways moist
- ∞ Check AQHI daily to know air quality levels
- ∞ Avoid cooking, candles, wood stoves, or smoking indoors
- ∞ Don't vacuum, use spray air fresheners, or burn incense - they stir up smoke particles.



Too Hot Inside?

- ∞ Visit a cool space like a library, mall, or community centre
- ∞ Use fans to circulate air
- ∞ Open windows briefly if air clears outside

Be Ready to Go

- ∞ Keep a go-bag with meds, ID, mask, sanitation supplies, minimum 72-hour supply of water and electrolytes
- ∞ Follow evacuation notices if needed
- ∞ Keep windows closed and A/C on recirculate in your vehicle

Care for Your Community

- ∞ Check on Elders, isolated people, and those without A/C
- ∞ Help share updates with those offline
- ∞ Look after pets - bring them indoors and keep water available

Know When to Get Help

Call 911 or go to the ER if you feel:

- ∞ Chest pain or tightness
- ∞ Trouble breathing
- ∞ Lightheaded or faint
- ∞ Call 811 for 24/7 health advice in your province

