What is wildfire smoke?
This smoke is produced when wood, plastics & other materials burn, resulting in a mixture of fine particles and gases that can irritate the eyes & lungs. The smoke can affect you both indoors & outdoors.

What are the effects?
- burning eyes
- runny nose
- cough
- difficulty breathing

Are some people more at risk than others?
Populations at risk include those with...
- Respiratory conditions
- Heart conditions
- Senior citizens
- Pregnant persons

What is the air quality health index (AQHI)?
The "AQHI" is a scale designed to help you understand what the air quality around you means to your health. It measures the air quality on a scale from 1 to 10. The higher the number, the greater the health risk associated with the air quality.

<table>
<thead>
<tr>
<th>Health Risk</th>
<th>LOW</th>
<th>MODERATE</th>
<th>HIGH</th>
<th>VERY HIGH</th>
</tr>
</thead>
<tbody>
<tr>
<td>AQHI</td>
<td>1-3</td>
<td>4-6</td>
<td>7-10</td>
<td>Above 10</td>
</tr>
<tr>
<td>At Risk Population</td>
<td>Enjoy your usual outdoor activities.</td>
<td>Consider reducing or rescheduling strenuous outdoor activities.</td>
<td>Reduce or reschedule strenuous outdoor activities. Vulnerable people should also take it easy.</td>
<td>Avoid strenuous outdoor activities. Vulnerable people should also avoid outdoor physical exertion.</td>
</tr>
<tr>
<td>General Population</td>
<td>Ideal air quality for outdoor activities.</td>
<td>No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.</td>
<td>Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as cough and throat irritation.</td>
<td>Reduce or reschedule strenuous outdoor activities, especially if you experience symptoms such as coughing and throat irritation.</td>
</tr>
</tbody>
</table>

What if I have other concerns?
If you have any concerns or questions speak to your:
1. Supervisor,
2. Health and safety representative, or
3. Contact EHS

To find the state of the air in your area, check out the Index at:
www.airqualityontario.com/aqhi/