

Wildfire Smoke

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?



Are some people more at risk than others?

Populations at risk include those with ...

- Respiratory conditions
- Heart conditions
- Senior citizens
- Pregnant persons



What are the recommendations ?



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.

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 10+ | |
|--|---|---|---|--|---|---|--|---|---|--|-----|--|
| Health Risk | LOW | | | MODERATE | | | HIGH | | | VERY HIGH | | |
| AQHI | 1-3 | | | 4-6 | | | 7-10 | | | Above 10 | | |
| At Risk Population | Enjoy your usual outdoor activities. | | | Consider reducing or rescheduling strenuous outdoor activities | | | Reduce or reschedule strenuous outdoor activities. Vulnerable people should also take it easy. | | | Avoid strenuous outdoor activities. Vulnerable people should also avoid outdoor physical exertion. | | |
| General Population | Ideal air quality for outdoor activities. | | | 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 cough and throat irritation | | | Reduce or reschedule strenuous outdoor activities, especially if you experience symptoms such as coughing and throat irritation. | | |
| Vulnerable workers are at greater risk. Follow your doctor's usual advice about managing your condition | | | | | | | | | | | | |

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/