

Air Quality Matters

Healthy breathing during wildfire season

KNOW THE FACTS & PROTECT YOUR HEALTH

With increased wildfires occurring in BC annually, be sure to know what to look for, and how to reduce effects of poor air quality both outdoors and indoors to keep you and your family safe.

INCREASED RISK

Some people may be more vulnerable than others during a wildfire including:

- People with chronic disease (lung and/or heart)
- People with breathing conditions
- Pregnant women and infants
- Young children
- Elderly



WILDFIRE SMOKE

Wildfire smoke is a mixture of particulate matter and gases and can be harmful to your health.



Wildfire smoke can:

- Make it more difficult to breathe
- Irritate your respiratory system
- Increase risk of some infections
- Cause a variety of symptoms

SYMPTOMS

If you experience any of these severe symptoms, you should seek medical attention:

- Shortness of breath
- Coughing
- Dizziness
- Chest pain
- Heart palpitations



REDUCING EXPOSURE

Here are a few steps you can take to help reduce the exposure to wildfire smoke:



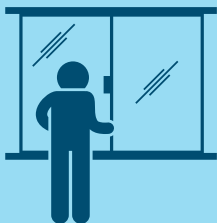
- Keep windows up when driving
- Put AC on re-circulate mode
- Visit local community centres, libraries, and malls that offer clean air
- Get a portable air filter (HEPA filtration)

INDOOR AIR QUALITY

Wildfire smoke doesn't just affect outdoor air, and with families spending 90% of their time indoors, air quality inside should be top of mind.

Some ways to keep your family safe indoors:

- Buy an indoor air quality monitor
- Keep windows closed during poor outdoor air quality
- Build your own DIY air filter



Visit
bclung.ca/diyaircleaners
to learn how to build your
own air cleaner at your
home.

For more resources and to find out where to find reliable information on air quality visit bclung.ca/air-quality