

Staying Safe from Poor Indoor Air Quality, Wildfire Smoke and Heat

Poor air quality affects everyone, but certain groups may be more vulnerable and require extra care. These include people with pre-existing respiratory or cardiovascular conditions, those with chronic illnesses or underlying health issues, older adults over 65, outdoor workers, pregnant individuals, infants and young children.

For more information scan the QR code, or visit:



interiorhealth.ca/air-quality



interiorhealth.ca/wildfires



interiorhealth.ca/extreme-heat

Ways to **reduce your exposure** and protect your health

Stay informed

- Check the latest local air quality readings and [air quality advisories](#).

Reduce outdoor physical activity

- Spending time and exercising outdoors is good for your health, but check the [Air Quality Health Index \(AQHI\)](#) to know when indoor activities are safer. If air quality is poor, limit outdoor activities to reduce smoke exposure.
- If you do not have access to a clean air space at home, consider visiting a local library, community centre, or other public space with central air-conditioning and cleaner air.

Be prepared

- Keep your medical management action plan updated and have rescue medications on hand. Have an emergency plan and kit ready for your family, pets, and livestock in case of an emergency.
- Develop a buddy system and check in on those at risk for heat-related illness.

Keep cool and use an air cleaner

- Use portable HEPA air filters or DIY air cleaners to filter indoor air during smoky conditions. Keep windows and doors closed but maintain a comfortable indoor temperature to avoid heat risks. Use energy-efficient cooling along with air cleaners on hot days.

Use a well-fitted respirator

- If you cannot access a clean air space and must spend time outdoors, consider wearing a well fitted respirator (e.g., N95, KN95) to reduce exposure to smoke.

Prioritize mental health and wellness

- Eat well, hydrate, exercise indoors, get enough sleep, and manage stress. If you, or someone you know needs help, call 310-MHSU for support.

AQHI	Risk Level
1	LOW
2	
3	
4	MODERATE
5	
6	
7	HIGH
8	
9	
10	
+	VERY HIGH



Interior Health

For more information, please visit: interiorhealth.ca

For air quality
in your area,
please visit:

