

STAYING HEALTHY DURING WILDFIRE SEASON

A Guide to Protecting Yourself and Your Family



Scan to access listed resources!



Check the Air Quality



Before you go outside, check the [Air Quality Health Index \(AQHI\)](#) and [WeatherCAN](#), and modify your activities:

- **AQHI 1-3:** Ideal for outdoor activity.
- **AQHI 4-6:** People at higher risk should consider rescheduling or reducing strenuous outdoor activity.
- **AQHI 4-10:** Anyone who develops symptoms should reschedule or reduce outdoor activity.
- **AQHI 7-10:** People at higher risk should reschedule or reduce strenuous outdoor activity.
- **AQHI 10+:** Everyone should limit outdoor activity.

Consider Filtering the Air

When outdoors, a properly fitted N95 or KN95 mask can filter most fine particles. Individuals with heart or lung conditions should consult their doctor before using these masks. Children under 2 years of age should not wear N95 or KN95 masks. **When indoors**, keep windows and doors shut, and use a [portable air filter](#) in rooms where you spend the most time, such as bedrooms and common areas.



Know Your Risk

Inhaling wildfire smoke can worsen existing health conditions and may even lead to hospitalization.

You are at higher risk if you:

- Are a senior, infant, or child
- Are pregnant
- Have a heart or lung condition, or diabetes



Common Symptoms

Wildfire smoke can cause symptoms in anyone, even healthy individuals, including:

- Headaches
- Cough
- Nose, throat, eye and sinus irritation
- Excess mucus production



Limit Outdoor Work

Wildfire smoke can be a hazard for all outdoor workers. To reduce your risk:

- Follow your workplace's occupational health guidelines
- Relocate/reschedule work until air quality improves.
- Limit time spent outdoors and avoid heavy physical activity.
- Take frequent breaks in filtered indoor spaces.



Key Contacts & Resources



- For any health emergency, call 911.
- For 24/7 non-emergency health advice from a registered nurse, call Health Link at 811.
- For support, call the Mental Health Help Line (1-877-303-2642) or 211.

When to Seek Medical Attention

Call 911 or go to the nearest Emergency Department immediately if experiencing:

- Severe coughing or wheezing
- Shortness of breath or difficulty breathing
- Dizziness
- Chest pain or tightness
- Heart palpitations (fluttering or irregular heartbeat)



Be Prepared for Evacuation

Taking steps to prepare can help ease your mind.

- Have a [72-hour emergency kit](#) ready with water, food, and medications.
- Make a household emergency plan in case of an evacuation. Stay informed with [Alberta Emergency Alerts](#).

