

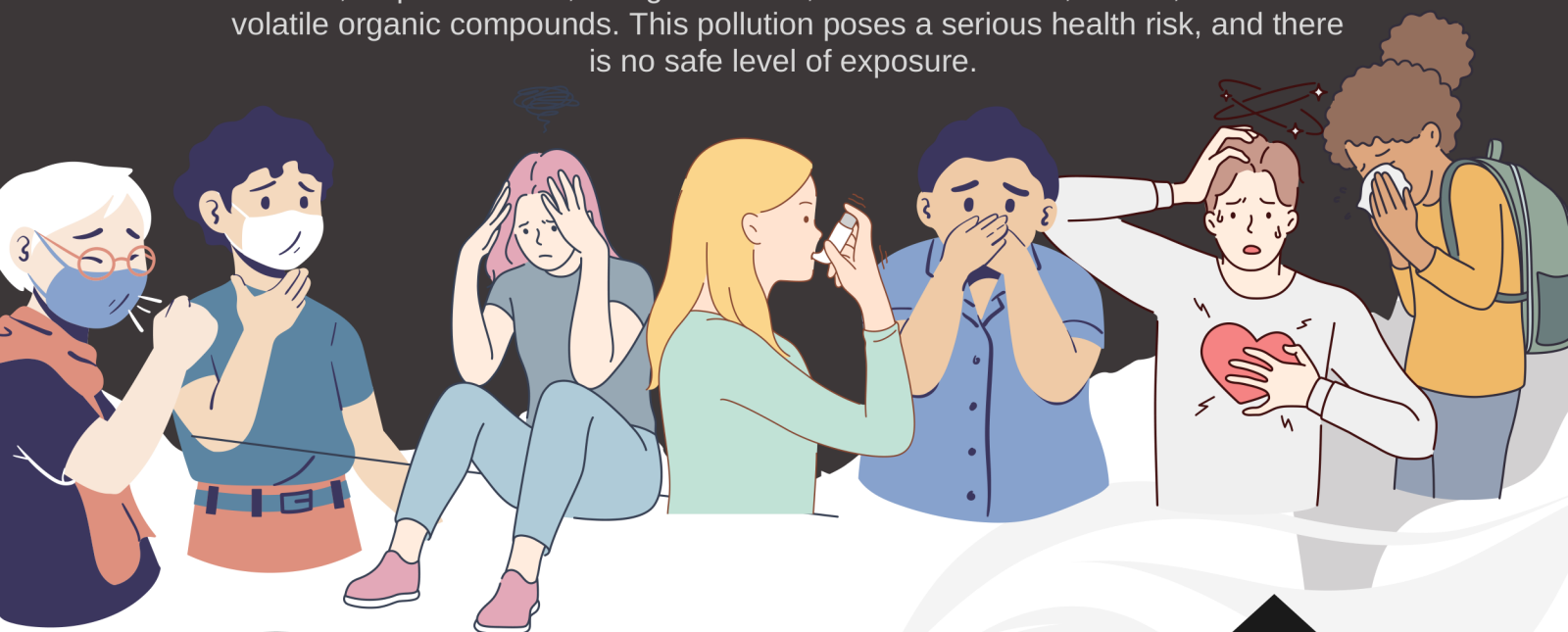


# WILDFIRE SMOKE AND HEALTH



## SMOKE IS AIR POLLUTION

Even though it's natural, wood smoke is a mixture of gases and particles like ozone, sulphur dioxide, nitrogen dioxide, carbon monoxide, PM2.5, and other volatile organic compounds. This pollution poses a serious health risk, and there is no safe level of exposure.



### IF YOU ARE IN A CAR :

Set your air to recirculate and seek out a clean air space in your community such as a library, mall, or community centre.



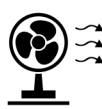
### IF YOU ARE INSIDE :

Close all doors and windows, set ventilation systems to recirculate. Stay active when you can, and check in on others who live nearby who may be more vulnerable to smoke.



### IF YOU ARE OUTDOORS :

If you can, leave the area. Limit strenuous activity, or find a place with clear air to exercise indoors, (eg: gym or home.) Consult the AQHI to look for breaks in the smoke when it's safe to go out again.



## STAY SAFE DURING SMOKE EVENTS

IF A WILDFIRE HAPPENS, PROTECT YOURSELF RIGHT AWAY; BE PREPARED TO EVACUATE IF NECESSARY



### CHECK YOUR LOCAL AIR QUALITY :

Download the WeatherCAN app to stay current; pay attention to the AQHI and other indicators of smoke levels.



## SYMPTOMS OF SMOKE EXPOSURE INCLUDE:



### MILD

Headaches  
Fatigue  
Mild cough  
Phlegm  
Stinging eyes  
Runny nose  
Scratchy throat



### MODERATE

Dizziness  
Wheezing  
Rapid heart rate and palpitations  
Confusion  
Aggravated chronic heart and lung disease



### SEVERE\*

Severe cough  
Chest pains  
Difficulty breathing  
Heart attack  
Stroke  
Premature death

\*If your symptoms are severe, consult a health professional. If you think you could be having a medical emergency, dial 911 and seek immediate medical assistance.



## STAY SAFE AFTER



Until the air quality returns to normal and you are symptom-free, drink plenty of water to help your body cope with the smoke- even if you don't feel thirsty.



Your mental health is important: It's normal to feel stressed, anxious, and isolated during prolonged smoke events. Eat well, get plenty of sleep, keep in remote contact with friends and family, and try to exercise indoors.



Seek help if you need it: Contact your local health authority and follow news and government media for up to date tips and advice.



Learn more at: [getprepared.gc.ca](https://getprepared.gc.ca)