

WILDFIRE SMOKE

Wildfire smoke affects people differently and is unhealthy to breath in. It is especially dangerous for children, the elderly, pregnant women, and those with heart or lung diseases, such as asthma. Smoke can cause increased coughing, throat irritation, headaches and shortness of breath.



- Sore throat
- Irritated eyes
- Runny nose
- Mild cough

- Coughing up thick, sticky phlegm
- Headaches
- Wheezy breathing

- Shortness of breath
- Severe Cough
- Runny nose
- Feel dizzy

- Fast heartbeat
- Chest pain

The best way to protect your health is to reduce your exposure to wildfire smoke.

Follow air quality health recommendations. The following measures and recommendations can be implemented especially if you have lung or heart trouble, are elderly or very young:

- Stay indoors during times that there is smoke in the air;



- Limit outdoor activity and strenuous physical activities as much as possible.

- Care for others: Watch out for others in your care who may be more vulnerable to smoke.



- Stay hydrated, drink plenty of water
- Offer water to those in your care.



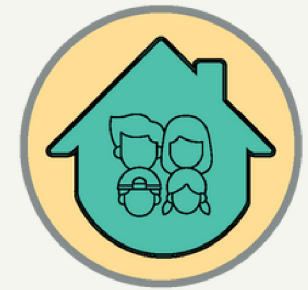
- Listen to local area radio or TV stations. Attend community meetings for the latest information and updates.



- Keep doors and windows closed
- if cooling is needed, use a fan or air-conditioning, if available.



- If you are able to, make arrangements to move to a location with cleaner air, possibly a fresh air shelter within the community.



Monitor your symptoms and seek medical attention if you get worse, particularly if you have a pre-existing respiratory condition. If you are experiencing increasing symptoms, more than irritation in the eyes, nose or throat, please see your local health worker or call HealthLine at 811 (from land line) or 1-877-800-0002 (from cell phone) at any time.

Be prepared to evacuate quickly and know your routes and destinations.



BE AWARE AND STAY SAFE!

