



Recommendations for Heavy Smoke Conditions:

Adapted from: Saskatchewan Population Health Unit, Preparation for Forest Fires and the Assessment of Health Effects from Forest Fire Smoke, 2016

Air Quality Category based on 1 hour average	Health Effects	Cautionary Statement	Other Actions for Health Team
PM2.5 = 0 to 40 µg/m ³ Good Visibility = 15km and up	None	None	
PM2.5 = 41 to 80 µg/m ³ Moderate risk Visibility = 10 to 14 km	Possibility of aggravation of heart or respiratory disease.	People with heart or lung disease should pay attention to symptoms. If symptoms increase contact, your health care provider.	Issue PSA advising public about health effects and symptoms, and ways to reduce exposure.
PM2.5 = 81 to 175 µg/m ³ Unhealthy for Sensitive Groups Visibility = 5 to 9 km	Increasing likelihood of respiratory symptoms and aggravation of lung disease such as asthma.	People with respiratory or heart disease, the elderly and children should avoid physical exertion and limit time spent outdoors. If symptoms of heart or lung disease (repeated coughing, shortness of breath or difficulty breathing, wheezing, chest tightness or pain, heart palpitations, unusual fatigue or lightheadedness), contact your health care provider.	If smoke event projected to be prolonged, evaluate and notify possible sites for cleaner air shelters. Prepare evacuation plans for sensitive groups.
PM2.5 = 176 to 300 µg/m ³ Unhealthy Visibility = 2.5 to 4 km	Increased respiratory symptoms and aggravation of lung and heart diseases; possible respiratory effects to general population.	People with respiratory or heart disease, the elderly and children should avoid prolonged exertion and stay indoors when possible; everyone else should limit prolonged exertion and time spent outdoors. If symptoms of heart or lung disease (as above), contact your health care provider.	Consider canceling public events, based on public health and travel considerations (e.g. number of people, physical exertion event, etc)
PM2.5 = 301 to 500 µg/m ³ Very Unhealthy Visibility = 1.5 km	Significant increase in respiratory symptoms and aggravation of existing lung and heart disease; increasing likelihood of respiratory effects of general population.	People with respiratory or heart disease, the elderly and children should avoid any outdoor activity; everyone else should avoid physical exertion and stay indoors if possible. If symptoms of heart or lung disease (as above), contact your health care provider your health care provider.	Cancel outdoor events (e.g. competitive sports). Consider having sensitive groups go to cleaner air shelters in community.
PM2.5 = > 500 µg/m ³ Very Hazardous Visibility = < 1 km	Serious aggravation of heart or lung disease and premature mortality in persons with cardiopulmonary disease and the elderly; serious risk of respiratory effects in general population.	Everyone should avoid any indoor and outdoor exertion; everyone should remain indoors whenever possible. If symptoms of heart or lung disease (as above), contact your health care provider.	If smoke projected to continue for a prolonged time, consider evacuation of sensitive groups.