

Protect Yourself From Wildfire Smoke

Scan the QR code, or visit:

aqmap.ca



*Sensors measure fine particulate matter, a major component of air pollution.

Check your air quality:

1. Scan the **left (purple) QR code** or **visit the link**.
2. Zoom into your location.
3. Find the closest air quality sensors (the colourful shapes).
4. Flip over this card to learn about actions to take based on the number and colour you read on the sensors.
5. Air quality can change quickly. Check the air quality map throughout the day.

Scan the QR code, or visit:

vch.ca/wildfire



Vancouver Coastal Health

Scan the **right (blue) QR Code** or **visit the link** to learn more about air quality and your health.

Questions? Contact us:
healthy.environments@vch.ca
604-675-3800

Air Quality Health Index:

Number from sensor:	PROVINCIAL AQHI	Colour from sensor:	HEALTH MESSAGE FOR PEOPLE AT HIGHER RISK	HEALTH MESSAGE FOR GENERAL POPULATION	ACTIONS TO REDUCE WILDFIRE SMOKE EXPOSURE
0 - 10	1	LOW	Enjoy your usual outdoor activities.	Ideal air quality for outdoor activities.	Normal air quality in British Columbia.
11 - 20	2				
21 - 30	3				
31 - 40	4	MODERATE	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms.	No need to modify your usual outdoor activities unless you experience symptoms.	<ul style="list-style-type: none"> • Use a portable air cleaner or DIY box fan air cleaner to reduce smoke in your home. • Stay inside with doors and window closed, but keep cool - heat-related illness is more risky than breathing smoke for most people. • Visit places with cleaner and cooler air, such as libraries, community centres, and shopping malls. • Wear a well-fitted respirator (e.g. N95) outdoors.
41 - 50	5				
51 - 60	6				
61 - 70	7	HIGH	Reduce or reschedule strenuous activity outdoors.	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms.	
71 - 80	8				
81 - 90	9				
91 - 100	10	VERY HIGH	Avoid strenuous activity outdoors.	Reduce or reschedule strenuous activity outdoors, especially if you experience symptoms.	
101+	10+				