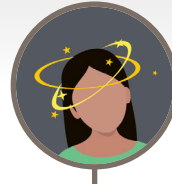
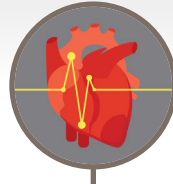


WILDFIRE SMOKE

Different people respond differently to smoke. People with chronic conditions, people who are pregnant, infants and small children, older adults and people with respiratory infections may need extra care.



SYMPTOMS

- Sore throat
- Eye irritation
- Runny nose
- Mild cough
- Phlegm/mucous production
- Wheezy breathing
- Headaches

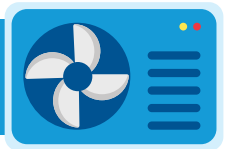
MORE SEVERE SYMPTOMS

- Shortness of breath
- Severe cough
- Dizziness
- Chest pain
- Heart palpitations

Anyone with these symptoms needs medical attention



REDUCING EXPOSURE to wildfire smoke is the best way to protect health.



STAY INFORMED & PLAN AHEAD

- Check the latest local air quality readings and advisories regularly.

CHECK-IN

- Pay attention to how you feel, and watch for symptoms in those around you.

HYDRATE

- Drink plenty of water, and offer water to those in your care.

RELOCATE

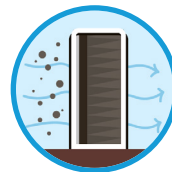
- Go to local libraries, community centers or other public spaces that have central air conditioning and cleaner air.

REDUCE EXPOSURE

- Reduce outdoor physical activities and stay indoors when smoke is heavy.

COOL & FILTER

- Filter indoor air using portable HEPA air filters.
- Keep windows and doors closed during high smoke times; but on hot days, make sure the indoor temperature is at a comfortable level because heat can be dangerous.
- Use energy efficient, mechanical cooling in addition to portable air cleaners to create cool spaces with clean air for hot days.



Further information on the health effects of wildfire smoke, how to prepare for the season, and the use of portable air cleaners can be found at www.vch.ca/wildfiresmoke

MAY 2022

During the summer months both wildfire smoke and heat can be a health concern. Find out more about heat at www.vch.ca/heat