

Be ready for wildfire smoke



Use an air conditioner to stay cool.

Check the online Air Quality Health Index regularly to help you decide about outdoor activities.

Keep windows closed when it's smoky.

Follow treatment plans and use rescue medication, such as inhalers, as needed.

Use portable or DIY air cleaners to lower smoke levels in the spaces you spend the most time.

If it's too hot or smoky in your home, spend time in large, air-conditioned spaces like malls or libraries.

www.vch.ca/wildfiresmoke

Vancouver
CoastalHealth

Protect yourself and your loved ones from wildfire smoke



Wildfire smoke can affect your and your family's health. Pregnant people, babies, and young children are at higher risk. Those with asthma and other chronic health issues are especially vulnerable.



Seeing more and longer smoky periods in our communities can lead to anxiety and stress.



You can take action before and during the smoke season to protect you and your family.



Know the symptoms: shortness of breath, difficulty breathing, sudden or severe cough, dizziness or chest pain.



Understand the risks: Talk to your health care provider to understand how smoke can affect you. If you or your little ones have asthma, have rescue medication ready to use.



Scan the QR code to find out more about how you can protect yourself:

vch.ca/WildfireSmoke