

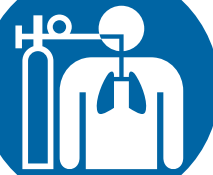
How to Prepare for the Wildfire Smoke Season

Wildfires and smoke are a normal part of summer in British Columbia, but our seasons seem to be getting longer and more extreme. We cannot predict when big wildfires will occur, so it is best to prepare for a smoky summer before the season starts.



Reducing exposure to wildfire smoke is the best way to protect your health.

- Most people spend up to 90% of their time indoors, so clean indoor air is important.
- Purchase a portable air cleaner that uses HEPA filtration to remove smoke from the indoor air. Do your research to find something suitable for your needs.
<https://rb.gy/wrwnxu>
- A home-made Do-It Yourself (DIY) air cleaner can also effectively improve air quality. <https://rb.gy/90uh5s>
- If you have forced air heating, talk to your service provider about what filters and settings to use during smoky conditions.
- Know where to find cleaner air in your community. Libraries, community centres, and shopping malls often have cooler, filtered air.

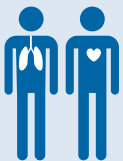


Be aware of people who should take extra care.

Some people may be more sensitive to smoke, including those with chronic conditions such as asthma, heart disease, or diabetes, as well as pregnant people, infants, young children, older adults, and marginalized people.

- If you or members of your family have a chronic disease, work with your doctor to create a management plan for smoky periods.
- If you use rescue medications, make sure you have a supply at home and always carry them with you during wildfire season. Have a clear plan to follow if your rescue medications cannot bring your condition under control.
- If you are pregnant or caring for an infant through the summer months, make a plan for minimizing smoke exposures.

THOSE MOST AFFECTED



PEOPLE WITH CHRONIC LUNG/HEART DISEASE



PREGNANT PEOPLE



INFANTS, YOUNG CHILDREN



OLDER ADULTS



BC Centre for Disease Control
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FOR MORE INFORMATION bccdc.ca/wildfiresmoke



For people who spend time outdoors, there are still ways to reduce smoke exposure and its health impacts.

- If you have an outdoor occupation, review resources from WorkSafe BC. <https://rb.gy/dv5v8>
- If you care for groups of children or plan outdoor events, ensure that your organization has a smoke contingency plan.
- The harder you breathe, the more smoke you inhale. Take it easy to reduce smoke exposure. <https://rb.gy/3wbj36>
- Consider wearing a well-fitted respirator to help reduce your exposure. <https://rb.gy/2qp3x>



There are many tools available to help you understand the air quality impacts of smoke. Reliable sources of information can help you stay protected.

- Outside the Lower Mainland, sign up for the Air Quality Subscription Service to get text or email alerts. <https://rb.gy/xau78t>
- Within the Lower Mainland, sign up for the Metro Vancouver Subscription Service to get email alerts. <https://rb.gy/en1cb>
- The current Air Quality and Health Index (AQHI) map provides health-specific messaging. <https://rb.gy/hnutt8>
- Install the **AQHI Canada** app on your Android or iOS device to monitor your areas, and to get notifications when air quality changes. <https://rb.gy/ivkgyx>
- If you live somewhere without an AQHI reading, check the current map of fine particulate matter concentrations or **PM_{2.5}**, colour-coded to the corresponding AQHI values. <https://rb.gy/wnxovi>
- The **FireWork Forecast** shows maps of predicted smoke impacts over the next 72 hours. <https://rb.gy/xbemb7>
- The provincial map of **Active Wildfires** keeps track of the current situation. <https://rb.gy/ujah1z>
- Extreme wildfires often occur when it is very hot outside, which can also affect your health. Install the **WeatherCAN** app to get notifications about smoke, extreme temperatures and other important weather events. <https://rb.gy/6oaaxa>



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