



PREVENTION ADVICE

IN THE EVENT OF POOR AIR QUALITY DUE TO VEGETATION FIRES

WHEN AN AIR QUALITY WARNING IS ISSUED FOR YOUR TERRITORY :

→ Check $PM_{2.5}$ concentration in real time on the [AQMap](#).

→ Select the sensor closest to your location and adapt your activities by referring to this table.

$PM_{2.5}$ ($\mu g/m^3$)	AIR QUALITY	OUTDOOR ACTIVITY ADVICE	INDOOR ENVIRONMENT ADVICE
0-30	Good	Enjoy the usual outdoor activities.	Usual activities
30-60	Poor for people at risk	Consider reducing or rescheduling strenuous activities outdoors for people at risk or those experiencing symptoms.	Close windows and exterior doors. If the indoor temperature is causing you significant discomfort, you can open the windows, since heat is generally more damaging to health than poor air quality. If you have a : <ul style="list-style-type: none">• portable, window or heat pump air conditioner : keep using it, as it does not let outside air in;• air exchanger : switch it off or put it in recirculation mode;• portable air purifier : turn it on in the room(s) where people spend the most time;• central (mechanical) ventilation system : reduce the intake of outdoor air to a minimum (unless equipped with a MERV 13 or higher filter), without turning off your ventilation system.
60-100	Poor for the general population	Plan fewer strenuous activities outdoors or reschedule them to another time. Pay attention to people at risk from smoke.	
100-250	Very poor for the general population	Move outdoor activities indoors or reschedule them to another time. Give priority to quiet activities.	
250 and more	Dangerous	Plan indoor activities	



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PAY ATTENTION TO PEOPLE WHO MAY BE MORE AT RISK FROM SMOKE :

Babies and young children (0-4 years)



People with respiratory, heart disease, or diabetes



Pregnant women



Seniors (65 and over)



WATCH FOR SIGNS AND SYMPTOMS

MILD

- Smarting eyes
- Runny nose
- Mild cough
- Sore throat
- Headache

MORE SEVERE !

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

TAKE ACTION IN CASE OF SYMPTOMS

Go inside and stay there.



Keep asthma medications handy.



Call **Info-santé 811** or **911** depending on the severity of symptoms.



Tell loved ones as needed

FOR MORE INFORMATION, CONSULT: [QUÉBEC.CA/EFFECTS-WILDFIRE-SMOKE](https://quebec.ca/effects-wildfire-smoke)