

# Wildfires and Air Quality

## Quick Facts

- In the past decade, an average of 6000 wildfires have burned across Canada every year.
- Wildfire smoke contains ozone, sulphur dioxide, nitrogen dioxide, carbon monoxide, volatile organic compounds and fine particulate matter that is harmful if inhaled.
- A Health Canada study found that premature deaths due to wildfire smoke ranged from 620 to 2700 per year.
- Mortalities due to long-term exposure outnumber short-term, acute exposure cases.
- Health impacts are seen across a number of provinces, demonstrating the extensive range of wildfire smoke.
- Acute health impacts from poor air quality have been valued at \$410M - 1.8 B. Chronic health impacts have been valued at \$4.3 - \$19B.

## Be Smoke Aware

*How can you protect yourself from wildfire smoke exposure?*



Check Canada's [Air Quality Health Index \(AQHI\)](#) or your local weather forecaster for special air quality recommendations.



Limit outdoor activities and exercise during times of poor air quality and avoid going outside when AQHI reaches 150.



When indoors, properly seal windows and doors to prevent infiltration. Install a carbon monoxide alarm and an air filter.



Keep car windows closed and set air to recirculate.



Check on those who you know that are vulnerable to smoke exposure. And be especially careful if you fall into any of the following categories:

- Children
- The elderly
- People with lung or heart conditions
- People who work outdoors

