

Limit or avoid outdoor physical activity when air quality warnings are in effect.



Choose active transit options (walking and cycling) and public transit whenever possible.



Be Air Aware and check the Air Quality Health Index regularly for alerts and warnings in your area.



While driving in high traffic areas, keep windows closed and set the air to recirculate.



Air Quality and Climate Change

How Can You Reduce Your Exposure to Air Pollution?



Who is Vulnerable?

- Seniors
- Children
- Pregnant Women
- People who work outside
- People with lung or heart conditions



Choose cycling and walking paths away from heavy traffic whenever possible.



Check on those you may know who are vulnerable to air pollution when air quality warnings are in effect.



Wear face masks outside when air quality warnings are in effect. Always ensure masks are properly fitted.