

THE HEALTH IMPACTS OF AIR POLLUTION IN CANADA

WHAT IS AIR POLLUTION?

Outdoor **air pollution** is a mixture of gases, particles, and many other chemicals that can have an impact on human health. Key outdoor **air pollutants** include:

- Fine particulate matter (**PM_{2.5}**)
- Nitrogen dioxide (**NO₂**)
- Ground-level ozone (**O₃**)

WHO IS AT RISK?

All Canadians can experience health issues on days when the air is heavily polluted, but some groups are more at risk:

- Children
- Seniors
- People with asthma, chronic obstructive pulmonary disease (COPD), cardiovascular diseases, diabetes
- Active people of all ages who exercise or work hard outdoors
- People living near sources of industrial pollution or busy roadways



Air pollution leads to disease, increased hospitalizations, and even premature death. Addressing **air pollution** remains a priority for the Government of Canada.

In Canada, **air pollution** comes from:

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|----------------------|------------------------|
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| Vehicles | Industrial facilities |
| | |
| Forest fires | Wood burning |
| | |
| Construction | Agriculture |
| | |
| Oil and gas industry | Electricity generation |

DID YOU KNOW?

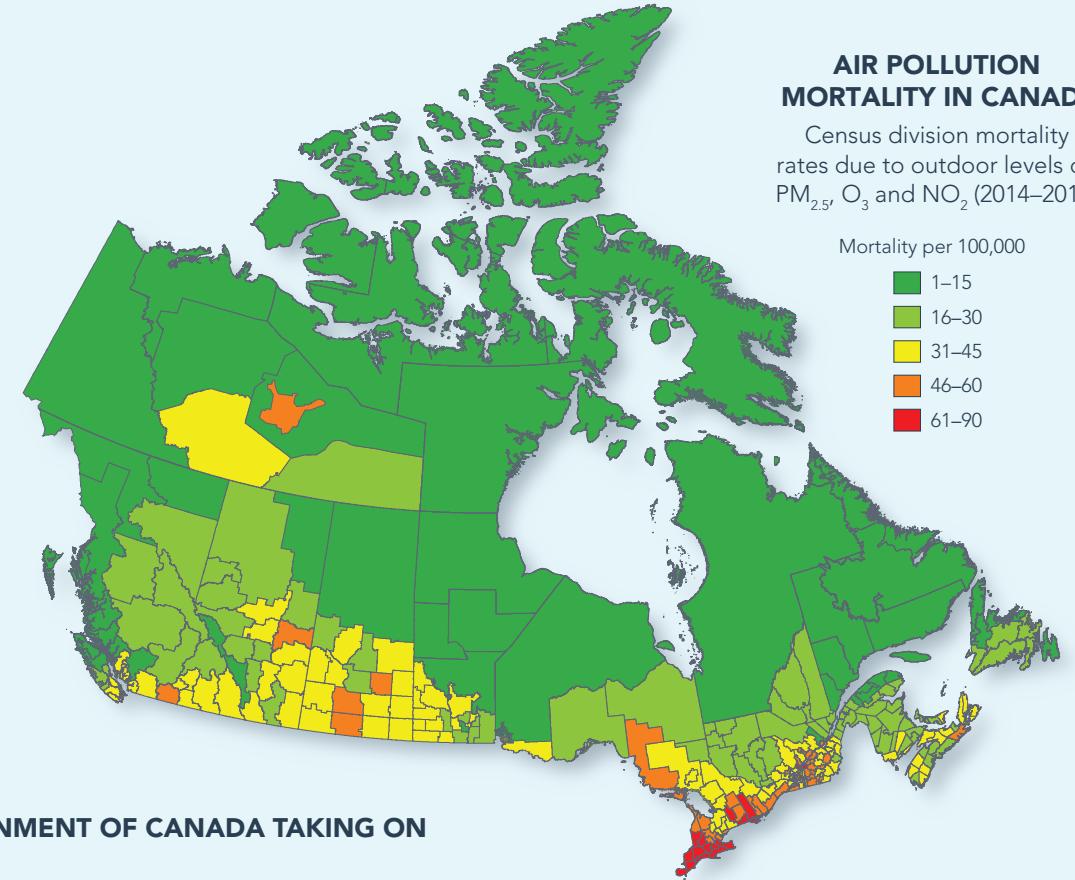
You can learn more about **air pollution** and air quality in Canada by visiting the **STATE OF THE AIR** website

<http://airquality-qualite-delair.ccme.ca/en/>



Health Canada estimates that every year, **air pollution** in Canada causes:

- **14,600** premature deaths
- **2.7 million** days of asthma symptoms
- **35 million** days of acute respiratory symptoms
- Economic costs of **\$114 billion**



WHAT ACTION IS THE GOVERNMENT OF CANADA TAKING ON OUTDOOR AIR POLLUTION?

- Federal regulations have reduced outdoor emissions of **air pollutants** from key sources in Canada.
- Canada participates in various international initiatives to reduce human health and environmental impacts from cross border flow of **air pollution**.
- Canada has established the **Canadian Ambient Air Quality Standards**. These help to continuously improve air quality across the country.

HOW CAN I PROTECT MYSELF AND MY FAMILY FROM OUTDOOR AIR POLLUTION?

Know the best times to be active outdoors:

- Check the **Air Quality Health Index** in your community (airhealth.ca)
- If you have a heart or lung condition, talk to your health care professional about more ways to protect your health when **air pollution** levels are higher

Ways to reduce exposure:

- Avoid or reduce strenuous outdoor activities when air pollution levels are high
- Choose low-traffic routes for walking, running, or cycling, especially during rush hour
- Exercise in parks and green spaces, away from major roads

For more information, please visit www.canada.ca/en/health-canada/services/air-quality.html or contact us at: HC.air.SC@canada.ca / 1-833-233-1014 (toll free)