

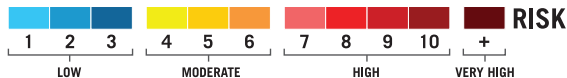
# AQHI

# AIR QUALITY HEALTH INDEX

## Air Quality Health Index or AQHI




HIGHER  
AQHI  
NUMBER → GREATER  
HEALTH  
RISK → PROTECT  
YOUR  
HEALTH

The AQHI is particularly useful for people who are **sensitive to air pollution** such as people with lung or heart conditions, young children and older adults.



Know your number ahead of time and plan the best time to be active outdoors.

### Learn your number:

-  1. Check the AQHI before you go outside
-  2. Take note of the AQHI number when you start to notice you may be affected by air quality.
-  3. Use the AQHI forecast to plan your activities



Download the  
AQHI CANADA APP

Visit [airhealth.ca](http://airhealth.ca)  
to find the current air  
quality rating for your area.