

# be **air** aware

The new **Air Quality Health Index** relates air quality to your health on a simple scale from 1 to 10.

## Air Quality Health Index



The **Air Quality Health Index** is designed to help you understand what air quality means for your health and make decisions to protect yourself by limiting exposure to air pollution.



1 2 3



4 5 6



7 8 9 10

+



[airhealth.ca](http://airhealth.ca)

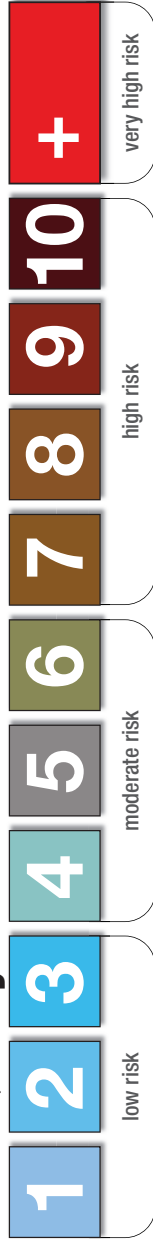


Government of Canada

Gouvernement du Canada

Canada

# Air Quality Health Index



## \* At Risk Population

Enjoy your usual outdoor activities.

Consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.

Reduce or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.

Avoid strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.

\* People with heart or breathing problems are at greater risk. Follow your doctor's usual advice about exercising and managing your condition.



## General Population

Ideal air quality for outdoor activities.

No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.

Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.

Reduce or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.