

# Limit your Exposure to Wildfire smoke

## 7 WAYS TO PROTECT YOUR HEALTH:

When smoke levels are very high, everyone may notice symptoms such as burning eyes, runny nose, coughing, and trouble breathing. Wildfire smoke can cause serious health problems for at-risk groups sensitive to air pollution and those who experience prolonged exposure.

1



**Stay informed.**  
Visit [prampairshed.ca](http://prampairshed.ca) for info on air quality in your community.

2



**Keep indoor air as clean and cool as possible.** Keep windows and doors closed. Close fresh air intakes and set air conditioning to recirculate. Use a high-efficiency (HEPA) air-cleaning filter.

3



**Plan indoor activities** at places such as recreation centres and public libraries.

5

**Reduce the amount of time spent outdoors.** Avoid vigorous outdoor activities. Consider wearing an N95 mask if outdoors.



4

**Avoid activities that can worsen indoor air quality.** Avoid smoking, vaping, wood stoves, gas stoves, candles, and vacuuming.



6

**Drink plenty of water** and stay cool.



7

Smoke affects everyone differently. **Listen to your body** and contact your health provider or call 811 if you have questions.

