

# Wildfire Smoke Information

Government of  
Northwest Territories

## IN THE NORTHWEST TERRITORIES

### WHO IS AT RISK FROM WILDFIRE SMOKE EXPOSURE?

Not everyone exposed to wildfire smoke will be affected in the same way. Individuals at increased risk for adverse health effects include: people with existing respiratory and cardiovascular conditions, infants and young children, the elderly, pregnant women and the fetus, and possibly other groups (diabetics, smokers and people participating in sports or strenuous work outdoors).

### WHAT ARE THE SYMPTOMS OF SMOKE EXPOSURE?

People with existing respiratory and cardiovascular conditions may experience increased frequency and/or severity of symptoms, and increased medication requirements. Even people otherwise healthy may experience some symptoms such as sore eyes, tears, runny nose, and cough. Consult your health care provider if you have any: persistent cough, shortness of breath or difficulty breathing, wheezing, chest tightness or pain, heart palpitations, unusual fatigue or light-headedness.

### WHAT CAN YOU DO IF SMOKE BECOMES A PROBLEM IN YOUR COMMUNITY?



Stay inside as much as possible, with the windows and doors closed



If you have room air cleaners with HEPA filters, turn them on



Do not smoke; stay away from people who do



Do not use wood burning fireplaces, wood stoves, gas stoves, fire pits or candles



Have several-days' supply of non-perishable groceries that do not require cooking



When driving, keep windows and vents closed and put the air system on "recirculate"



Drink lots of water so that your nose and mouth are kept moist for easier breathing



Avoid working, exercising or playing outside if possible, and stop if it makes you feel tired



When it gets hot inside the house, use fans to move air around. If you have an air-conditioner, keep the fresh-air intake closed and the filter clean



Periodically check on neighbors, friends or relatives that live alone

### WHERE CAN PEOPLE FIND MORE INFORMATION?

- Wildland Fire Update: <https://www.enr.gov.nt.ca/en/services/wildland-fire-update>
- Air Quality: <https://www.hss.gov.nt.ca/en/services/sant%C3%A9-environnementale/air-quality>
- For the most up-to-date information on local air quality, please follow the [PurpleAir website map](#)