WILDFIRE SMOKE AND YOUR HEALTH

Air Quality Self-assessment Method

Visibility 15 km+

GOOD

At Risk Population* Genera

General Population

Enjoy your usual outdoor activities

Ideal air quality for outdoor activities

Visibility 5 to 14 km

Moderate

At Risk Population*

General Population

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Reduce or reschedule prolonged strenuous activities and limit time outdoors Be aware of health effects of smoke and related symptoms

Visibility 2.5 to 4 km

Unhealthy

At Risk Population* General Population

Avoid prolonged strenuous activities and stay indoors if possible Reduce or reschedule prolonged strenuous activities, especially if you experience symptoms

Visibility 1.5 to 2 km

Very unhealthy

At Risk Population*

General Population

Avoid all strenuous activities and stay indoors

Avoid prolonged strenuous activities and stay indoors if possible

Visibility < 1 km

Hazardous

At Risk Population*

Avoid all strenuous activities and stay indoors

General Population

Avoid all strenuous activities and stay indoors

* The most common categories of people at increased risk include people with existing respiratory and cardiovascular conditions, young children, and the elderly.

