



How to stay safe from wildfire smoke

For millennia, Indigenous peoples have been stewards of the land through prescribed and traditional burning. These burns help put nutrients back into the soil and can create new areas for plants and animals to grow.





Wildfires are different from cultural or prescribed burns and can be caused by humans or natural causes. They are dangerous when uncontrolled.

Wildfire smoke can make you sick and irritate your eyes, throat and lungs. Here are some ways to stay safe from wildfire smoke. Colour them in below!

Take it easy and stay indoors



Close windows to keep smoke out



Drink lots of water



Wear a tight-fitting mask when outside

