

# Be prepared for wildfire smoke

As our climate changes, wildfires are becoming more common and severe. Wildfire smoke is a form of pollution that can affect your health. Exposure to too much wildfire smoke can irritate your eyes, lungs and heart. We can't predict when wildfires will occur, so it's best to be prepared by staying informed and knowing where to access important information.

## Who is more at risk from wildfire smoke

- People with pre-existing health conditions such as asthma, chronic obstructive pulmonary disease (COPD), heart disease, and diabetes
- People who are pregnant
- Infants and small children
- Elders
- People with a respiratory infection such as COVID-19

## Did you know?

Wildfires and heat waves often happen at the same time. For most people, high temperatures are more dangerous than wildfire smoke. If you cannot cool down indoors, go outside even if there is smoke.



## How wildfire smoke affects your health

Most symptoms are mild and can be managed without medical attention:

- Sore throat
- Irritated eyes
- Runny nose
- Mild cough
- Phlegm production
- Wheezy breathing
- Headaches

## Seek prompt medical attention if you experience:

- Shortness of breath
- Severe cough
- Dizziness
- Chest pain
- Racing heart

## Know when to expect smoky skies

Scan the QR codes below with your smartphone to sign up for air quality advisories and alerts.



### Lower Mainland

Metro Vancouver subscription service email alerts



### Outside of Lower Mainland

B.C. Air Quality subscription Service text or email alerts

# How to protect yourself from wildfire smoke



Take it easy. The more active you are, the harder it is on your lungs.



Wear a tight fitting 3-layer cloth or disposable mask when outside



Drink plenty of water to help your body cope with the smoke.



Check on your community—especially those more sensitive to smoke.



If possible, visit places that have cooler and cleaner air.



Stay indoors and keep windows closed if it's safe to do so.

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Climate change continues to impact the emotional, physical, and spiritual resilience of Indigenous peoples.

## For emotional and spiritual support, call:

- The IRSSS Toll-Free Line (1-800-721-0066)
- Tsow-Tun-Le-Lum (1-888-403-3123)
- Métis Crisis Line 1-833-Métis-BC (1-833-638-4722)

## For medical support call:

- Your local health station
- First Nations Doctor of the Day (FNHA): 1-855-344-3800
- HealthLink BC: 811
- Northern Health Virtual Clinic: 1-844-645-7811
- For emergencies call 911 or your local emergency number