

# Protect yourself from wildfire smoke

Climate change is increasing the risk of wildfires. Wildfire smoke can be dangerous to our health. Here are some ways to keep you and your loved ones safe.

## Limit Exposure



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



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



If possible, wear a fitted 3-layer cloth or disposable mask to filter smoke.

## Take Care



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



Check the air quality forecast to know when to expect smoky skies.



Check on others, especially those who are more sensitive to smoke.

## How wildfire smoke affects your health

Most symptoms from smoke are mild and will go away when the smoke clears. Seek prompt medical attention if you experience severe symptoms such as:

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

## 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