

Introducing the Air Quality Health Index

The average person takes 20,000 breaths a day – that's an amazing 10,000 litres of air that pass through your lungs every day! Wouldn't it be helpful to know how all that air affects your health. Now you can.

The Air Quality Health Index is a new tool that measures air quality in your community and reports the risk to your health on a scale from 1 to 10.

The lower the number the lower the risk.

Get to know

how the quality of the air affects your quality of life.

visit airhealthbc.ca

Make a Habit of It

Check the Air Quality Health Index often to help you plan your activities.

Information is updated throughout the day. Find out what the Index is now, what it is forecast to be later in the day and get a forecast for the next day.

Protect your health.
Know the Air Quality Health Index number.

Canada

The Government of Canada is working with the BC government, other provinces, municipalities, health and environment organizations to develop the new Air Quality Health Index, the first of its kind in the world. The Index is also accessible at Environment Canada's Weather Office website through www.airhealth.ca

THE LUNG ASSOCIATION
British Columbia



Air Quality

Get to know it!

visit airhealthbc.ca

Get to know how the quality of the air affects your quality of life.



From 1 to 10

The Air Quality Health Index is simple. It measures air quality in relation to your health on a scale from 1 to 10. A reading of 1 means a low risk to your health and 7 or greater represents a high risk. (On rare occasions, the Air Quality Health Index may be 10+, which means a very high risk.)

More than a Number

The Air Quality Health Index is more than just a number - it's a tool that helps you plan a healthy day. Since strenuous activities increase the amount of air you breathe, the Air Quality Health Index can help you decide when to enjoy the benefits of physical activity and when to reduce or reschedule your activity.

How does it work?



Low Risk 1-3

At Risk Population*

Enjoy your usual outdoor activities.

General Population

Ideal air quality for outdoor activities.

*People with heart or breathing problems are at greater risk. Follow your doctor's advice about exercising and managing your condition.

Moderate Risk 4-6

At Risk Population*

Consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.

General Population

No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.

Additional information can be found at www.airhealthbc.ca

High Risk 7-10

At Risk Population*

Reduce or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.

General Population

Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.

When the Air Quality Health Index is above 10, children, the elderly and those with heart or breathing problems should avoid strenuous activities outdoors. Everyone should reduce or reschedule physical activities outdoors.

Everyone is Unique

The Air Quality Health Index also recognizes that air quality affects everyone in different ways. For example, a reading of 5 would have a different meaning to those with heart or breathing problems compared to those who don't. For this reason, the Air Quality Health Index includes recommendations for people "at risk" and the general population. As you use the Air Quality Health Index daily, you will learn how the different numbers affect you and what actions you can take to protect yourself. For example, if you like to jog, you may discover that you prefer a stroll in the park when the Air Quality Health Index is high.