



PREVENTION TIPS

IN THE EVENT OF POOR QUALITÉ DE L'AIR LINKED TO VEGETATION FIRES

WHEN A QUALITÉ DE L'AIR WARNING IS ISSUED FOR YOUR AREA:

→ Check PM_{2.5} concentration in real time on the [AQMap](#).

→ Choose the sensor closest to your location and adapt your activities by referring to this table.

PM _{2.5} (µg/m ³)	QUALITÉ DE L'AIR	TIPS FOR OUTDOOR ACTIVITIES	TIPS FOR THE INDOOR ENVIRONMENT
0-30	Good	Enjoy the usual outdoor activities.	Carry out your usual tasks.
30-60	Bad for people at greater risk	Consider reducing or postponing breathless outdoor activities for those at greater risk or experiencing symptoms.	Close windows and exterior doors. If the indoor temperature is causing you significant discomfort, open the windows, as heat is generally more damaging to your health than poor air quality.
60-100	Poor for the population as a whole	Plan less strenuous outdoor activities or postpone them to another time. Pay attention to people who are more sensitive to smoke.	If you have a : <ul style="list-style-type: none">• portable air conditioner, window air conditioner or heat pump: keep using them, as they don't bring in outside air;• air exchanger: switch it off or set it to recirculation mode;• air filtration device: turn it on in the room or rooms where people spend most of their time;• central ventilation system (mechanical): reduce outside air intake to a minimum (unless fitted with a MERV 13 or higher filter), without switching off ventilation.
100-250	Very poor for the population as a whole	Move outdoor activities indoors or postpone them to another time. Give priority to quiet activities.	
+ by 250	Dangerous	Plan indoor activities.	



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PAY ATTENTION TO PEOPLE WHO MAY BE MORE SENSITIVE TO SMOKE

Babies and young people children (0-4 years)



People with a disease breathing, cardiac or diabetes



Women speakers



Seniors (65 years or older)



WATCH FOR SIGNS AND SYMPTOMS

LIGHTS

- Tingling eyes
- Nasal discharge
- Mild cough
- Sore throat
- Headache

MORE SEVERE !

- Severe cough
- Shortness of breath
- Wheezing
- Dizziness
- Heart palpitations
- Chest pain

ACT IN CASE OF SYMPTOMS

Go inside and stay there.



Keep asthma medication close at hand.



Call **Info-santé 8fifi** or **9fifi** depending on the severity of symptoms.



Notify next of kin if necessary.

FOR MORE INFORMATION, VISIT: QUEBEC.CA/EFFETS-FUMEE-FEU-FORET