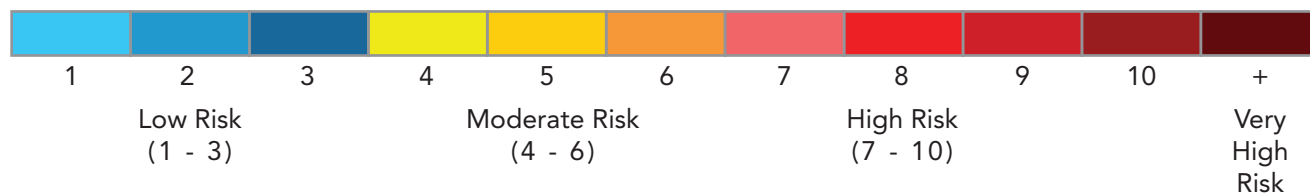


## Air Quality Health Index Categories, Values and Associated Colours



### AQHI

The air quality health index (AQHI) is a tool used to tell you about the health risks associated with local air pollution. It is presented on a scale of 1 to 10+, with 1 being low risk, and 10 and above being very high risk of experiencing health risks.

## Monitor AQHI for high-risk events

### Limit outdoor activities during high-risk events

- Stay indoors
- Close windows and doors
- Use recirculating functions on your HVAC systems
- Use high quality HVAC filters and maintain them according to manufacturer's directions



### Monitor respiratory symptoms

Headaches, light coughing, sore or watery eyes, irritation in nose, throat, and sinuses do not require immediate medical attention but consult your doctor if symptoms persist.



### Check on vulnerable people

Provide wellness checks on the following groups of people who are most vulnerable:

- Seniors
- Pregnant people
- Infants
- Those with respiratory & heart illnesses
- Outdoor workers



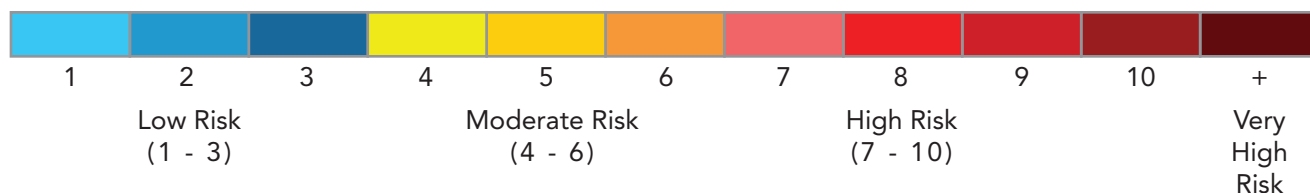
### Seek medical attention when needed

If you or someone you know experiences: dizziness, chest pain, severe cough, shortness of breath, wheezing and/or heart palpitations.



**Call 9-1-1 for medical emergencies, including heart attack or stroke.**

## Air Quality Health Index Categories, Values and Associated Colours



The table below provides the health messages for each category of the Air Quality Health Index for the "at risk" population and the general population.

Health Risk	Air Quality Health Index	Health Messages	
		At Risk Population*	General Population
Low	1 - 3	Enjoy your usual outdoor activities.	Ideal air quality for outdoor activities.
Moderate	4 - 6	Consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.	No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.
High	7 - 10	Reduce or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
Very High	10+	Avoid strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.	Reduce or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.

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

Limit/refrain from outdoor burning during moderate, high, and very high risk events.

Updated: July 2023