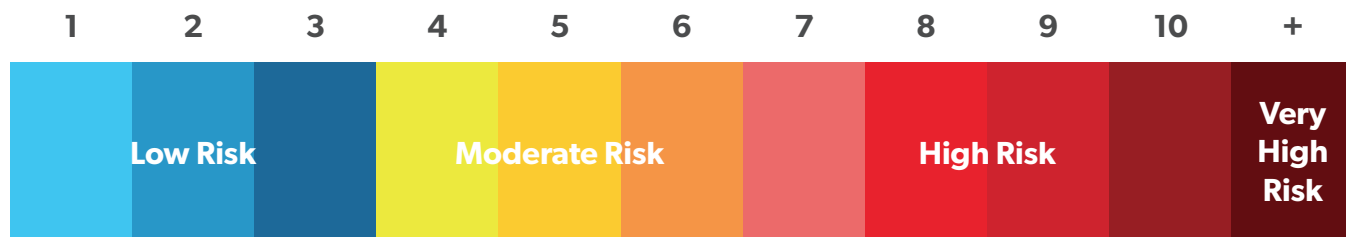


AIR QUALITY HEALTH INDEX (AQHI)



The AQHI provides a number from 1 to 10 to indicate the level of health risk associated with local air quality.

Find the AQHI for your area at wcas.ca, or download the “WeatherCAN” app to your mobile device.

The higher the AQHI number, the greater the health risk and need to take precautions. By checking the AQHI, you can stay informed about the current air quality conditions in your area and protect your health.

During extreme pollution events, such as a wildfire, AQHI levels may reach 10 or 10+, indicating a Very High Health Risk.

The AQHI is based on research by Health Canada using health and air quality data collected in Canadian population centres, including Hinton, Edson, and Drayton Valley. The AQHI is calculated and issued by Environment and Climate Change Canada and Alberta Government, and forecasted twice daily for certain locations across Canada.

The AQHI represents the relative risk of a mixture of air pollutants which can harm human health even at low levels of exposure. As indicators of the overall outdoor air mixture, these pollutants include:

- Ground-level Ozone (O₃)
- Fine Particulate Matter (PM_{2.5})
- Nitrogen Dioxide (NO₂)

Find information on pollutants at wcas.ca under Monitoring.

PROTECT YOUR HEALTH

During poor air quality, some people can be more at risk, including children, older adults, pregnant women, individuals with pre-existing lung or heart conditions, and those with weakened immune systems. In addition, people participating in sports or strenuous outdoor work breathe more deeply and rapidly, allowing more air pollution to enter their lungs. These vulnerable populations are more likely to experience harmful health effects due to their increased sensitivity to air pollution.

When air pollution levels are very high, even healthy people may notice symptoms. Refer to the health messages below and listen to your body to take actions to reduce your exposure to air pollution if you are noticing symptoms.

For more information on AQHI and answers to Frequently Asked Questions, visit our website wcas.ca

AQHI	Health Risk	Health Messages for At Risk Population	Health Messages for General Population
1 – 3	Low Risk	Enjoy your usual outdoor activities.	Ideal air quality for outdoor activities.
4 – 6	Moderate Risk	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.
7 – 10	High Risk	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.
Above 10	Very High Risk	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.