

WILDFIRES



Wildfires in Canada are becoming more severe and frequent.

Wildfire smoke increases the risk of strokes, heart attacks, and exacerbations of respiratory conditions, as well as impair access to medication.

Additionally, certain patient populations are especially vulnerable to the health effects of wildfires, such as pregnant patients, older adults, young children, and those with chronic conditions (e.g., COPD, asthma, and cardiovascular disease).

COUNSELLING POINTS FOR WILDFIRE SEASON



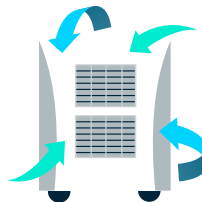
People with chronic diseases should carry rescue medications at all times, and keep a 7-day supply of medications at home.



Stay hydrated; take care of your mental health by eating well, exercising indoors and accessing mental health resources.



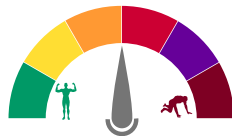
Reduce smoke exposure, especially for pregnant women, the elderly and young children, along with people with chronic illness (e.g., COPD/asthma/cardiovascular disease)



Where possible, use an air purifier at home and keep windows closed.



Reduce outdoor activity; where travel is necessary, use a properly fitting N95 masks.



Monitor Air Quality Health Index (AQHI) and note any special air quality statements. (1-5 = low risk, 4-6 = mod risk, 7-10 = high risk, >10 = very high risk)



Mild signs of smoke inhalation include headaches, cough and nose/throat irritation. Seek urgent medical care if symptoms worsen or if fainting, shortness of breath or chest pain occur.

For more information about wildfire smoke for healthcare professionals.



For more information on emergency kits as well as additional pre-wildfire season, during wildfire season and post-wildfire season tips.

