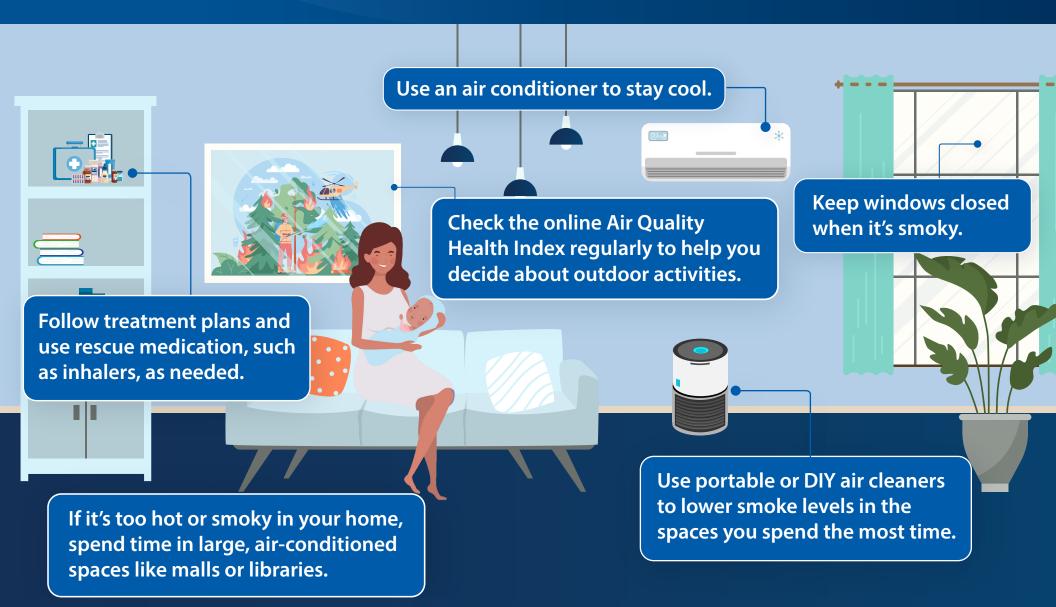
Be ready for wildfire smoke



www.vch.ca/wildfiresmoke



Protect yourself and your loved ones from wildfire smoke



Wildfire smoke can affect your and your family's health. Pregnant people, babies, and young children are at higher risk. Those with asthma and other chronic health issues are especially vulnerable.



Know the symptoms: shortness of breath, difficulty breathing, sudden or severe cough, dizziness or chest pain.



Seeing more and longer smoky periods in our communities can lead to anxiety and stress.



Understand the risks: Talk to your health care provider to understand how smoke can affect you. If you or your little ones have asthma, have rescue medication ready to use.



You can take action before and during the smoke season to protect you and your family.



Scan the QR code to find out more about how you can protect yourself:

vch.ca/WildfireSmoke

