

# PROTECT CHILDREN FROM WILDFIRE SMOKE



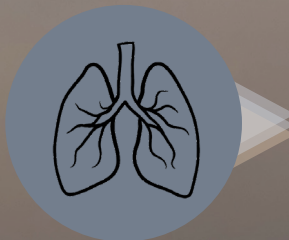
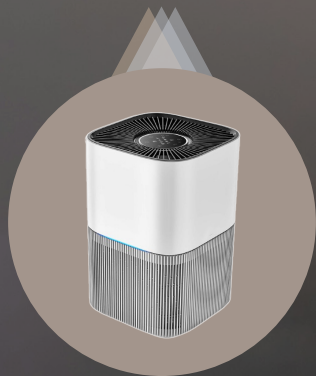
Vancouver  
CoastalHealth



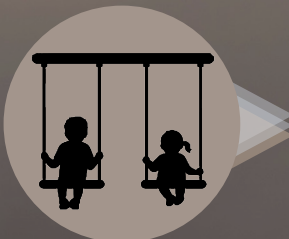
[vch.ca/wildfire](https://vch.ca/wildfire)

## The best way to protect health from wildfire smoke is to find cleaner indoor air.

Close the windows and use a portable HEPA air cleaner or a DIY air cleaner. If you don't have an air cleaner or your home is too hot, spend time in public spaces with air conditioning.



**Wildfire smoke can have short-term and longer-lasting health impacts.** Pregnant people, babies, and young children are at higher risk.



**Air quality changes quickly. Check the local air quality online throughout the day.** Use the Air Quality Health Index to help you decide about outdoor activities.



Asthma and other chronic health conditions increase the risk for health impacts. **Follow treatment plans and use rescue medication,** such as asthma inhalers, as needed.

For more information or if you have questions, please visit:  
[www.vch.ca/wildfire](http://www.vch.ca/wildfire) or contact us at [healthy.environments@vch.ca](mailto:healthy.environments@vch.ca)