

PROTECT YOUR BABY FROM WILDFIRE SMOKE



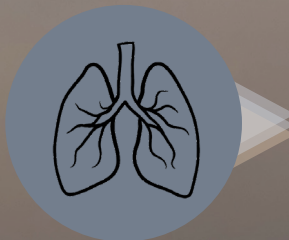
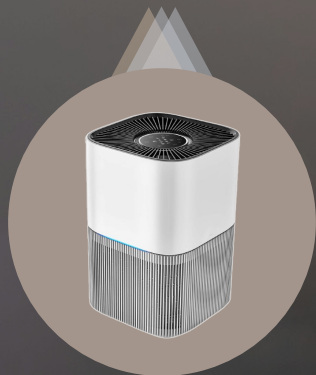
Vancouver
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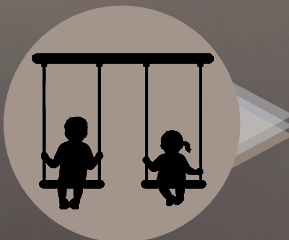
vch.ca/wildfire

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 or contact us at healthy.environments@vch.ca