

1-HOUR PM <sub>2.5</sub> (µg/m <sup>3</sup> )		PROVINCIAL AQHI	AQHI RISK CATEGORY	HEALTH MESSAGE FOR PEOPLE AT HIGHER RISK	HEALTH MESSAGE FOR GENERAL POPULATION	ACTIONS TO REDUCE WILDFIRE SMOKE EXPOSURE
	0 - 10	1	LOW	Enjoy your usual outdoor activities.	Ideal air quality for outdoor activities.	Normal air quality in British Columbia.
	11 - 20	2				
	21 - 30	3				
	31 - 40	4	MODERATE	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms.	No need to modify your usual outdoor activities unless you experience symptoms.	<ul style="list-style-type: none"><li>• Use a portable air cleaner or DIY box fan air cleaner to reduce smoke in your home.</li><li>• Stay inside with doors and window closed, but keep cool - heat-related illness is more risky than breathing smoke for most people.</li><li>• Visit places with cleaner and cooler air, such as libraries, community centres, and shopping malls.</li><li>• Wear a well-fitted respirator (e.g. N95) outdoors.</li></ul>
	41 - 50	5				
	51 - 60	6				
	61 - 70	7	HIGH	Reduce or reschedule strenuous activity outdoors.	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms.	
	71 - 80	8				
	81 - 90	9				
	91 - 100	10				
	101+	10+	VERY HIGH	Avoid strenuous activity outdoors.	Reduce or reschedule strenuous activity outdoors, especially if you experience symptoms.	