

## PROTECT YOUR HEALTH. KNOW THE NUMBERS.

HEALTH RISK	AIR QUALITY HEALTH INDEX	HEALTH MESSAGES	
		At Risk Population*	General Population
Low Risk	1 - 3	Enjoy your usual outdoor activities.	Ideal air quality for outdoor activities.
Moderate Risk	4 - 6	Consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.	No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.
High Risk	7 - 10	Reduce or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
Very High Risk	Above 10	Avoid strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.	Reduce or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.

\*People with heart or breathing problems are at greater risk. Follow your doctor's usual advice about exercising and managing your condition.

Additional information can be found at [www.airhealth.ca](http://www.airhealth.ca)



## SEE AIR QUALITY IN A WHOLE NEW LIGHT

**Know when to be active.** The new Air Quality Health Index relates air quality to your health on a simple scale from 1 to 10. The lower the number, the lower the risk.

Protect your health. Know the numbers. Visit [www.airhealth.ca](http://www.airhealth.ca)

