

Short GTA article (Total number of words: 110)

### **Use the Air Quality Health Index to Protect Yourself from Local Air Pollution**

Air pollution is associated with thousands of premature deaths and hospitalizations each year. An online tool, the **Air Quality Health Index**, is available to help individuals protect their health and the health of people in their care. The Air Quality Health Index reports air quality in relation to your health on a scale from 1 to 10. The higher the reading, the greater the health risk and need to take precaution.

The Air Quality Health Index helps you make informed decisions about when to enjoy the benefits of physical activity and when to reduce or reschedule your activities. Visit **[www.airhealth.ca](http://www.airhealth.ca)** for more information.

Protect your health. Know the numbers.

(Total number of words: 116)