

UNDERSTANDING CANADA'S AIR QUALITY HEALTH INDEX

1 - 3

LOW RISK

General Public: Enjoy outdoor activities.

At Risk Population: Enjoy outdoor activities.

4 - 6

MODERATE RISK

General Public: No need to modify outdoor activities unless symptoms such as coughing or throat irritation occur.

At Risk Population: Consider reducing or rescheduling strenuous outdoor activities if experiencing symptoms.

7 - 10

HIGH RISK

General Public: Consider reducing or rescheduling strenuous outdoor activities if symptoms such as coughing or throat irritation occur.

At Risk Population: Reduce or reschedule strenuous outdoor activities. Children and the elderly should take it easy.

10+

VERY HIGH RISK

General Public: Reduce or reschedule strenuous outdoor activities, especially if symptoms such as coughing or throat irritation occur.

At Risk Population: Avoid strenuous outdoor activities. Children and the elderly should avoid outdoor physical exertion.

"At Risk Populations" include people with heart or breathing problems.