

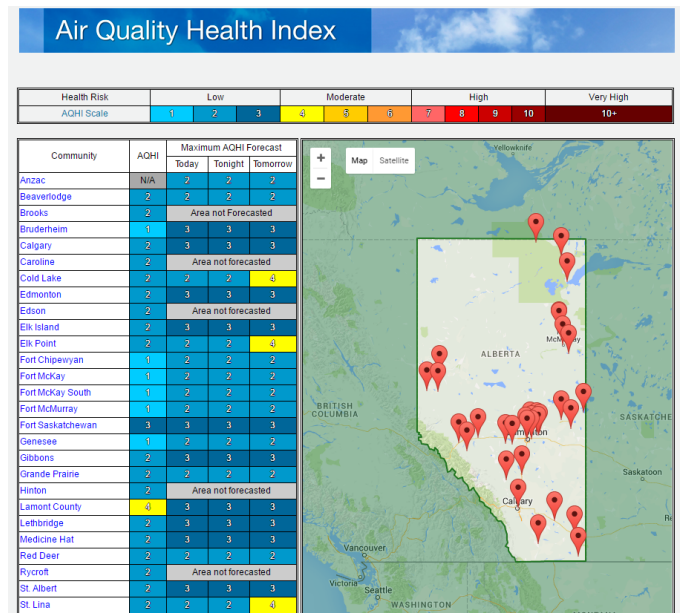
Air Quality Health Index

airquality.alberta.ca



Air Quality Health Index (AQHI): Reporting forecast changes in the AQHI

The following health messages are recommended to accompany reporting of changes in the Air Quality Health Index (AQHI) forecast. The AQHI forecast is reported along with the current AQHI through Alberta Environment and Parks at airquality.alberta.ca.



FORECAST REMAINS IN THE LOW CATEGORY

- Everyone should be able to enjoy their usual outdoor activities.
- People with heart or lung problems should follow a doctor's usual advice for exercise.

FORECAST INCREASES FROM LOW TO MODERATE RISK

- Everyone should be able to enjoy their usual outdoor activities today.
- Later today or tomorrow, when the AQHI is forecast to reach a moderate risk level, if you have heart or breathing problems and experience symptoms, consider reducing physical exertion outdoors or rescheduling activities to times when the AQHI is lower.
- Continue to follow your doctor's usual advice about managing your condition.

FORECAST INCREASES FROM LOW TO HIGH RISK

- Everyone should be able to enjoy their usual outdoor activities today.
- Later today or tomorrow, children, the elderly, and people with heart or breathing problems should consider reducing or rescheduling physical exertion outdoors if the AQHI is at the high health risk level, especially if experiencing symptoms.
- If you have heart or breathing problems, follow your doctor's usual advice about managing your condition.
- Anyone experiencing discomfort such as coughing or throat irritation should consider reducing or rescheduling strenuous outdoor activities to periods when the AQHI is lower.

FORECAST REMAINS IN THE MODERATE RISK RANGE

- If you have heart or breathing problems, and experience symptoms, consider reducing physical exertion outdoors or rescheduling activities to times when the AQHI is lower.
- Continue to follow your doctor's usual advice about managing your condition.

Air Quality Health Index

airquality.alberta.ca



- For the general population, there is no need to modify your usual outdoor activities unless you are experiencing symptoms.

FORECAST INCREASES FROM MODERATE TO HIGH RISK

- If you have heart or breathing problems and experience symptoms, consider reducing physical exertion outdoors or rescheduling activities while the AQHI reading is at the moderate risk level. Follow your doctor's usual advice about managing your condition.
- The general population should be able to enjoy their usual outdoor activities today.
- When the AQHI reaches high health risk tomorrow, anyone experiencing discomfort such as coughing or throat irritation should consider reducing or rescheduling strenuous outdoor activities to periods when the index is lower.
- Children, the elderly and people with heart or breathing problems should reduce or reschedule physical exertion outdoors to periods when the index is lower, especially if they experience symptoms.

FORECAST REMAINS IN THE HIGH RISK RANGE

- Children, the elderly, and people with heart or breathing problems should reduce or reschedule physical exertion outdoors while the index remains at the high health risk level, especially if experiencing symptoms.
- If you have heart or breathing problems, follow your doctor's usual advice about managing your condition.
- Anyone experiencing discomfort such as coughing or throat irritation should consider reducing or rescheduling strenuous outdoor activities to periods when the AQHI is lower.

FORECAST DECREASES FROM MODERATE TO LOW RISK

- If you have heart or breathing problems and experience symptoms, consider reducing physical exertion outdoors or rescheduling activities while the AQHI reading is at the moderate risk level.
- Follow your doctor's usual advice about managing your condition.
- The general population should be able to enjoy their usual outdoor activities today.
- When the AQHI is at a low risk level, everyone should be able to enjoy their usual outdoor activities.

FORECAST DECREASES FROM HIGH TO MODERATE RISK

- Children, the elderly, and people with heart or breathing problems should consider reducing or rescheduling physical exertion outdoors if the AQHI remains at the high health risk level, especially if experiencing symptoms.
- If you have heart or breathing problems, follow your doctor's usual advice about managing your condition.
- If the AQHI is forecast to reach a moderate risk level later in the day or tomorrow, and you have heart or breathing problems and experience symptoms, consider reducing physical exertion outdoors or rescheduling activities to times when the AQHI is lower.
- Continue to follow your doctor's usual advice about managing your condition.