

空氣健康指數 (Air Quality Health Index)

保護你的健康、認識你的指數

Protect your health . Know the numbers

www.airhealth.ca

The average person takes about 20,000 breaths a day. That's an amazing 10,000 litres of air that pass through your lungs every day! Wouldn't it be helpful to know how all that air affects your health – and when it's best to be active? Now you can.

The [Air Quality Health Index \(AQHI\) \(www.weatheroffice.gc.ca/airquality/pages/onaq-001_e.html\)](http://www.weatheroffice.gc.ca/airquality/pages/onaq-001_e.html) is a new tool that measures air quality in terms of your health.



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





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