

TIPS TO REDUCE RISK FROM WILDFIRE SMOKE



- 1 AVOID ROADS WITH HEAVY VEHICLE TRAFFIC & AREAS WITH WOOD SMOKE**

[Check BC's Air Quality Health Index Map](#) and [Metro Vancouver's Current Air Quality Map](#)



- 2 STAY COOL & DRINK PLENTY OF WATER**

Check out the [BC Centre for Disease Control's information on Wildfire Smoke and its health impacts](#)

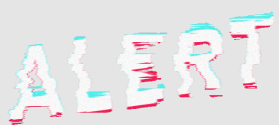


- 3 MANAGE PREEXISTING CHRONIC MEDICAL CONDITIONS**

Seek Medical Attention if symptoms continue to be bothersome



- 4 MAINTAINING GOOD OVERALL HEALTH AND AVOIDING SMOKING IS A GOOD WAY TO PREVENT HEALTH EFFECTS RESULTING FROM SHORT-TERM EXPOSURE TO AIR POLLUTION**



- 5 SIGN UP FOR AIR QUALITY ALERTS IN YOUR AREA**

To sign up for air quality alerts in your area, go to: <http://www.metrovancouver.org/services/air-quality/mailling-list>.



The Village of
**LIONS
BAY**