



# Are You at Risk?

Children, older adults, pregnant women, people with lung or heart conditions, and those with weakened immune systems may be more vulnerable to poor air quality.

## AT-RISK POPULATION

Enjoy your usual outdoor activities.



Consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.



Reduce or reschedule strenuous activities outdoors.



Avoid activities outdoors and stay inside when possible. Consider use of an N95 mask if outdoors.



## AQHI

1 - 3

4 - 6

7 - 10

Above 10

## GENERAL POPULATION

Ideal air quality for outdoor activities.



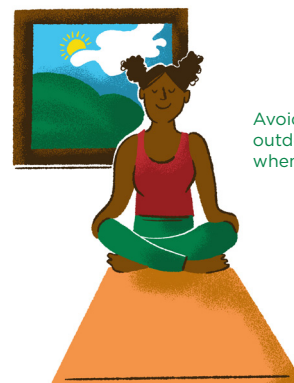
No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.



Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.



Avoid strenuous activities outdoors and stay inside when possible.



Visit your Airshed website for air quality data and free air quality resources. [albertaairshedsCouncil.ca](http://albertaairshedsCouncil.ca)

