

FOREST FIRES: POOR AIR QUALITY IN THE REGION

Baie-Comeau, August 15, 2024 – A smoke plume from forest fires coming from Western Canada is unfolding across the entire North Shore region. This situation could lead to a deterioration in air quality until Saturday.

The smoke may have an impact on health, particularly in people at risk, including babies and young children (under five years of age), pregnant women, people aged 65 or over, people with respiratory disease (asthma, emphysema, chronic bronchitis) and those with heart problems or diabetes.

The Direction de santé publique de la Côte-Nord recommends that people in the area limit their exposure to smoke from forest fires.

Recommendations for the indoor environment:

- Close windows and exterior doors.
- If you have a:
 - **Portable or window air conditioner, or a heat pump system:** Continue using it, as it does not take in outside air.
 - **Air exchanger:** Turn it off or set it to recirculation mode.
 - **Portable air purifier:** Turn it on in the room(s) where people spend the most time.
 - **Central ventilation system (mechanical):** Reduce outside air intake to a minimum (unless equipped with a MERV 13 filter or higher).

Recommendations for the outdoor environment:

- Plan less strenuous outdoor activities or postpone them to another time.
- Check on people who are more at risk from exposure to smoke.

If, despite these measures, some symptoms persist or worsen, we recommend calling Info-Santé at 8-1-1. In case of emergency, dial 911.

We are continuing to monitor the air quality and updates will be issued as necessary.

– 30 –

Source: Jean-Christophe Beaulieu
Communications advisor
Centre intégré de santé et de services sociaux de la Côte-Nord
418 962-9761, ext. 414009