

FOREST FIRES: POOR AIR QUALITY POSSIBLE ON THE NORTH SHORE

Baie-Comeau, June 26, 2024 – Given the number of forest fires burning along the North Shore, air quality will deteriorate this evening throughout the region. The Direction de santé publique de la Côte-Nord recommends that people in the area limit their exposure to smoke from forest fires.

The smoke may have an impact on health, particularly in people at risk, including babies and young children (under age 5), pregnant women, people aged 65 or over, people with respiratory disease (asthma, emphysema, chronic bronchitis) and those with heart problems or diabetes.

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:

- Move outdoor activities indoors or postpone them to another time.
- Opt for more sedentary activities.
- 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.

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