Centre intégré
de santé
et de services sociaux
de la Côte-Nord

Québec

Direction de santé publique

FOREST FIRES ON THE NORTH SHORE – PREVENTIVE MEASURES (*Questions/Answers*)

Forest fires are active in the area. Smoke may affect air quality in some communities. The following information will help you protect your health and that of your loved ones.

What are the possible effects of smoke on your health?

- Itchy and watery eyes
- Runny nose and sinus irritation
- Sore throat
- Mild or severe cough
- Headache

- Shortness of breath
- Wheezing (including asthma attack)
- Chest pain or heart palpitation
- Dizziness

Who is most at risk?

- Infants and young children (under 5 years of age)
- People aged 65 or over
- Pregnant women
- People with respiratory problems (e.g., asthma, emphysema, chronic bronchitis)
- People with heart problems or diabetes.

> **Worried about your symptoms?** Call **Info-Santé at 8-1-1** or **dial 9-1-1** if your symptoms are severe (e.g., trouble breathing, chest pain, heart palpitation)**.**

What should you do if you are experiencing anxiety or psychological distress?

- Call **Info-Social at 8-1-1 (option 2)** to speak to a psychosocial worker
- Consult the information documents on the [CISSS de la Côte-Nord](#) website.

How can you track air quality in your municipality and take appropriate measures to protect your health?

- Pay attention to public announcements and alerts about smoke or air quality
- Evaluate air quality using the [AQMap](#) by consulting the document "[Conseils de prévention en cas de mauvaise qualité de l'air liée aux feux de végétation](#)" (French only)

What preventive measures should I take in my home when there is a significant amount of smoke in my neighbourhood (when the outdoor air quality index is good)?

- Ventilate rooms adequately
- Wear gloves to remove dust and soot with soap and water
- Do not use a broom or vacuum cleaner because they tend to move dust around rather than remove it
- Thoroughly clean children's toys and items that you use often
- Wash all clothing that smells of smoke.

For more information about forest fires, please visit [Québec.ca](#)**.**