



Health Advisory

July 11, 2012

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Precautionary fire smoke advisory expanded: now in effect for all North Zone

GRANDE PRAIRIE -- Due to air quality deterioration caused by fires continuing to burn in northern Alberta, Alberta Health Services is expanding an air quality advisory first issued July 7, 2012 to include all areas in the North Zone.

Residents of, and visitors to, all communities in northern Alberta are now advised to take precautions against potential health risks associated with current air conditions.

Smoke conditions can vary with weather conditions and prevailing winds. Because air quality is expected to be variable across North Zone, this advisory will remain in effect until further notice.

Although minor smoke conditions do not typically cause health concerns in most healthy individuals, as smoke conditions become more severe, even healthy individuals may experience irritation of eyes, throat and possibly shortness of breath.

If you can taste and/or smell smoke in the air:

- Be aware of your symptoms.
- Reduce levels of physical activity as necessary.
- Consider sheltering indoors with windows closed.

Individuals with respiratory conditions (such as COPD and asthma), and individuals with existing cardiovascular conditions (such as angina, previous heart attack and congestive heart failure), are likely to notice a worsening of symptoms, due to fine particulate matter in air. As such, individuals with preexisting respiratory or cardiovascular conditions are advised remain indoors, keep their windows closed and limit strenuous physical activity.

Individuals experiencing symptoms can also call Health Link Alberta 24 hours a day, seven days a week, toll-free at 1.866.408.LINK (5465), to speak to a registered nurse.

Information about the air quality in many areas of the North Zone is updated hourly on the Alberta Environment Air Quality Website: <http://environment.alberta.ca/0977.html> . Air quality information is also available by phone, toll-free, at 1-877-247-7333.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than 3.7 million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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