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## Simple tips to manage potential fire-related irritation

FORT McMURRAY – Due to a fire burning in Wood Buffalo National Park, Alberta Health Services is reminding residents in Fort Chipweyan, Fort MacKay and area of simple tips to reduce potential nose, eye and throat irritation, associated with smoke.

Smoke conditions can vary with weather conditions and prevailing winds. If smoke conditions become more severe, even healthy individuals may experience irritation of eyes, throat and possibly shortness of breath. All residents and visitors to the area are advised to monitor their own health and adapt their activities as necessary.

Individuals experiencing irritation should monitor their symptoms, and may also consider the following precautions to minimize exposure:

- Reduce levels of physical activity indoors and outdoors, as necessary, to decrease inhalation of odour-heavy air;
- Consider sheltering indoors with windows closed.

Seniors, children, pregnant women and individuals with pre-existing respiratory conditions (such as COPD and asthma), and/or cardiovascular conditions (including angina, previous heart attack and/or congestive heart failure), may be more likely to experience irritation related to smoke conditions. These individuals are reminded to take the precautions routinely recommended by their physicians when managing a change in symptoms.

Individuals experiencing symptoms can also call Health Link Alberta 24 hours a day, seven days a week at 1-866-408-5465.

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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