

Summer Safety Tip – Air Quality

In the summertime there are additional factors that can increase air pollution problems - heat and smog being two of them. Poor outdoor air quality can have a negative effect on your health by making it harder to breathe, worsening chronic diseases such as bronchitis, emphysema and asthma, or causing heart problems in some people.

Everyone reacts differently to air pollution and those who are most sensitive include children, elderly people and those with heart or lung disease. In addition, people participating in outdoor sports or strenuous work tend to breathe deeply and rapidly, inhaling more polluted air into their lungs. They may also have difficulty breathing when air pollution levels are high.

Check the [Air Quality Index](#) on a regular basis. As the Air Quality Index reading rises, the quality of the air you breathe decreases.

To protect yourself and your family (Source: CCOHS):

- Learn how air pollution can affect your health.
- Reduce or reschedule outdoor physical activities.
- Monitor possible symptoms, such as breathing difficulties, coughing or irritated eyes.
- Follow a doctor's advice to manage existing conditions such as heart or lung disease.

Take care and enjoy a safe summer!