



# SMOKEY SKIES INFORMATION

For the Williams Lake area due to smoke from wildfires burning throughout the province

## Who is at risk?

- Infants, the elderly and those with medical conditions such as diabetes, and lung or heart disease are most at risk for breathing difficulties.



## What can I do if forest fire smoke is bothersome?

### STAY INSIDE

- Those at risk should stay inside on days when the smoke is thick
- Keep your windows and doors shut
- Consider going to a shopping mall with cooler filtered air if you want to get out of your house

### AVOID OUTDOOR ACTIVITIES

- If your breathing becomes difficult or uncomfortable, stop or reduce the activity

### STAY COOL & DRINK LOTS OF FLUIDS

- Avoid drinks with alcohol or lots of sugar as these can cause dehydration
- Move to the coolest room in the house, take cool showers or baths



## What do I do if I'm having trouble breathing?

### SIGNS & SYMPTOMS OF RESPIRATORY DISTRESS

- Shortness of breath or difficulty breathing
- Chest pain or discomfort
- Persistent cough or wheezing

If you are experiencing any of the signs of respiratory distress, **see your doctor, go to a walk in clinic, go to the hospital or call an ambulance** depending on the severity of symptoms

### **For general information or questions about forest fire smoke & your health:**

⇒ BC Nurse Line

- Dial 8-1-1
- Call 24hrs a day, 7 days a week

⇒ Interior Health

- [www.interiorhealth.ca](http://www.interiorhealth.ca)

⇒ Three Corners Health Services Society

Community Health Nurses

- 250-398-9814
- [www.threecornershealth.org](http://www.threecornershealth.org)

### **For Air Quality information:**

⇒ Ministry of Environment

- [www.bcairquality.ca](http://www.bcairquality.ca)

If you have any questions or want more information about Air Quality, please call or visit your Community Health Nurse:

Three Corners  
250-398-9814

Sugar Cane  
250-296-3532

Soda Creek  
250-989-2355

Dog Creek  
250-440-5822

Canoe Creek  
250-459-7749