

## Smoky Skies Bulletin - July 7, 2021

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The Regions of BC highlighted on the map are being impacted or are likely to be impacted by wildfire smoke over the next 24-48 hours. Smoke is widespread through the southern interior but may remain aloft. Localized precipitation may temporarily alleviate smoke conditions in some areas. Smoke from Cutoff Creek fire, Purdy Lake fire, and Chilako fire may impact areas through central B.C. over the next 24 hours.

The next bulletin update will be available July 08, 2021.

The bulletin can be accessed online at: <https://www2.gov.bc.ca/gov/content/environment/air-land-water/air/air-quality/air-advisories>.

### Be informed

During a wildfire, smoke conditions can change quickly over short distances and can vary considerably hour-by-hour.

Wildfire smoke is a natural part of our environment but it is important to be mindful that exposure to smoke may affect your health.

People with pre-existing health conditions, respiratory infections such as COVID-19, older adults, pregnant women and infants, children, and sensitive individuals are more likely to experience health effects from smoke exposure.

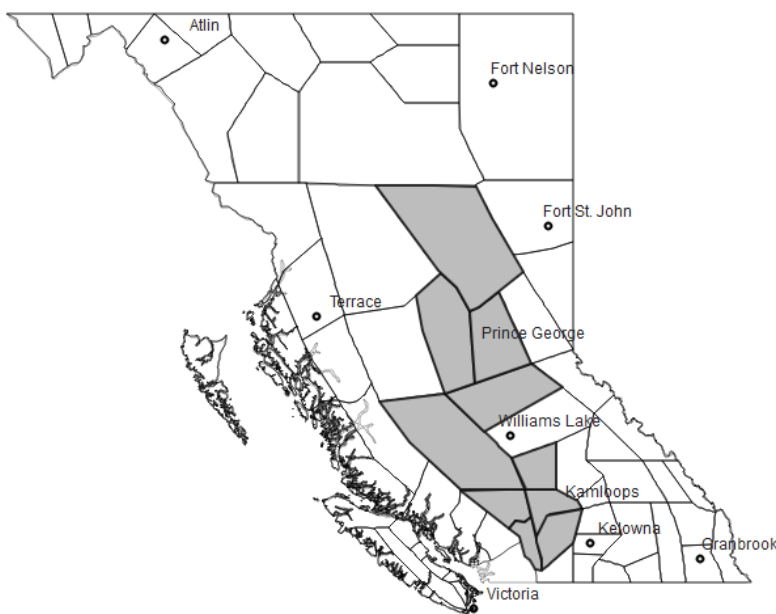


Figure 1: A description of highlighted region(s) are provided at the end of the bulletin

### During smoky conditions

#### Follow your common sense

- Stop or reduce your activity level if breathing becomes uncomfortable or you feel unwell.
- Stay cool and drink plenty of fluids.
- If you have asthma or other chronic illness, carry any rescue (fast-acting) medi-

cations with you at all times and activate your personal care plan that has been designed with your family physician.

- Make sure that children and others who cannot care for themselves follow the same advice.

### **Monitor your symptoms**

- People respond differently to smoke. Mild irritation and discomfort are common, and usually disappear when the smoke clears.
- Exposure to wildfire smoke and the virus that causes COVID-19 can both result in respiratory symptoms such as a dry cough, sore throat, or difficulty breathing. Use the [BC COVID-19 Self-Assessment Tool](#) to help determine whether you need further assessment or testing for COVID-19.
- If you are unsure whether you need medical care, call HealthLink BC at 8-1-1.
- If you are experiencing difficulty in breathing, chest pain or discomfort, or a severe cough, contact your health care provider, walk-in clinic, or emergency department. If you are having a medical emergency, call 9-1-1.

### **Tips to reduce your smoke exposure**

- Smoke levels may be lower indoors but will still be elevated, so stay aware of your symptoms even when you are indoors.
- Running a commercially available HEPA (high efficiency particulate air) filter can improve indoor air quality in the room where the device is located.
- If you have a forced air heating/cooling system in your home, it may help to change the filter and set the fan to run continuously.
- Reduce indoor air pollution sources such as smoking, burning incense, and frying foods.
- If travelling in a car with air conditioning, keep the windows up and the ventilation set to recirculate.
- If you are very sensitive to smoke, consider moving to another location with cleaner air, but be aware that conditions can change rapidly.
- Maintaining good overall health is a good way to prevent health effects resulting from short-term exposure to air pollution.

## **More information**

### **For additional general information about wildfire smoke and air quality:**

#### Air Quality Data

- Air Quality Health Index: <http://www.env.gov.bc.ca/epd/bcairquality/data/aqhi-table.html>

- Air Quality Map: <http://www.env.gov.bc.ca/epd/bcairquality/readings/find-stations-map.html>

#### Smoke forecasts (next 48 hours)

- Environment and Climate Change Canada FireWork prediction system: [https://weather.gc.ca/firework/index\\_e.html](https://weather.gc.ca/firework/index_e.html)
- Blue Sky Canada Smoke Forecasting System: <https://firesmoke.ca/forecasts/current/>

#### **For additional general information about wildfire smoke and your health:**

##### BC Centre for Disease Control

- Wildfire smoke and your health: <http://www.bccdc.ca/health-info/prevention-public-health/wildfire-smoke>
- Wildfire smoke and COVID-19: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/wildfires>

##### Provincial Health Authorities

- First Nations Health Authority: <http://www.fnha.ca/what-we-do/environmental-health/wildfire-information>
- Interior Health Authority: For resources related to forest fire smoke exposure, air quality, food safety when the power is out and ensuring your drinking water is safe visit <http://www.interiorhealth.ca> (Environment Tab/Emergency Information).

##### HealthLink BC

- Wildfires and your health: <https://www.healthlinkbc.ca/health-feature/wildfires>
- Phone 8-1-1 (toll free, 24 hours a day, 7 days a week)

##### Worksafe BC

- For information about working outdoors during smoky conditions, see the wildfire FAQ website: <https://www.worksafebc.com/en/resources/health-safety/information-sheets/wildfire-smoke-frequently-asked-questions-faq>.

## **Contact information**

#### **Media and public inquiries regarding air quality and this bulletin:**

Annie Seagram, Air Quality Meteorologist, Ministry of Environment & Climate Change Strategy, 778-875-3079.

**Media questions regarding health implications of wildfires:**

First Nations Health Authority  
Environmental Public Health Services or Main FNHA Line: 604-693-6500  
After Hours: 1-844-666-0711  
Email: [Ephs.afterhours@fnha.ca](mailto:Ephs.afterhours@fnha.ca)  
Media line: 604-831-4898

Fraser Health Authority  
Media Line: 604-831-4898

Interior Health Authority  
Media line: 1-844-469-7077  
Email: [media@interiorhealth.ca](mailto:media@interiorhealth.ca)

Northern Health Authority  
Media Line: 1-877-961-7724

Vancouver Coastal Health Authority  
Matt Kieltyka, Acting Communications Leader, Public Health: [matt.kieltyka@vch.ca](mailto:matt.kieltyka@vch.ca)  
After-hours media line: 604-202-2012

**Regions included under this bulletin:**

**100 Mile** includes Hwy 97 from 108 Mile House to Clinton, Bridge Lake and Canim Lake.

**Cariboo (North)** includes Quesnel, Wells and Bowron Lake Park

**Chilcotin** includes Hansville, Alexis Creek, Chilanko Forks, Tatla Lake, Nimpo Lake, Anahim Lake, and the southern half of Tweedsmuir Park

**Fraser Canyon (North)** Includes Lillooet and Andersen lake.

**Fraser Canyon (South)** Trans Canada Hwy 1 from Lytton to Choate.

**Nicola** Includes Merritt, Strump Lake, Pennask Lake, and Brookmere.

**Prince George** includes the City of Prince George, Hwy 16 Vanderhoof to Upper Fraser, and Hwy 97 Hixon to the south end of McLeod Lake.

**South Thompson** Includes Kamloops, Rayleigh, Monte Creek, Cache Creek, Spences Bridge and Logan Lake.

**Stuart - Nechako** includes Fraser Lake, Fort Fraser, Vanderhoof, Fort St James, and Tachie

**Williston** includes McLeod Lake, Mackenzie and Williston Lake