

# AIR AWARE “7”



Low Risk  
(1 - 3)

Moderate Risk  
(4 - 6)

High Risk  
(7 - 10)

Very  
High Risk



Air Quality Health Index  
Canada Website & App



Find more at [airHealth.ca](http://airHealth.ca)



iPhone /Android App

The Air Quality Health Index is a web-based, risk management tool which describes a local reading of air quality as it relates to human health. An index number of over 7 indicates a “high risk” from air pollutants.

# POCKET AIR AWARE “7” GUIDELINE



Prior to starting any outdoor activity check “AQHI” for both current and forecasted air quality

If Air Quality Health Index (AQHI) is **between 4-6:**

- 1) Adjust play if possible by
  - Reducing intensity
  - Reducing duration
  - Providing rest periods
- 2) Assign an air monitor and provide instructions on how to interrupt play should the Index reach 7 or higher

If Air Quality Health Index reaches **7 or higher:**

**Abandon play immediately**

**Note:** The Air Quality Health Index “AQHI” is not real time reporting and can have a lag-time of over one hour. If air quality changes during outdoor activity you are advised to use your own discretion. Be aware of these three common symptoms:

- ◆ irritated eyes
- ◆ coughing
- ◆ difficulty breathing