

**CAR POLLUTION**

Idling the car wastes fuel and money

A car not running properly can make 50% more air pollution than a normal car

Transportation makes the most pollution in Canada

People who spend a lot of time outdoors

People with lung or heart problems, or diabetes

Seniors

Children

Athletes

**AT RISK PEOPLE**

**REDUCE AIR POLLUTION**

Consider public transit, cycling, or walking instead of driving

A full bus takes up to 60 cars off the road

Reduce wood burning at home

Can worsen visibility, worsen air quality and impact human health

Forest fire smoke that travels can affect people

Naturally occurs in forests

**FOREST FIRES**

**AIR POLLUTION**

Affects our breathing

Air pollution comes from people and nature

Asthma is the biggest cause of hospital visits for children

Air pollution can enter the body via our lungs

A person takes about 20,000 breaths per day

Affected by our choices, e.g. driving vs. walking

Tells you how air outside affects your health

Use AQHI daily to plan your activities

Check hourly updates and daily forecasts

Visit: [airquality.alberta.ca](http://airquality.alberta.ca)

Down-load the AQHI app

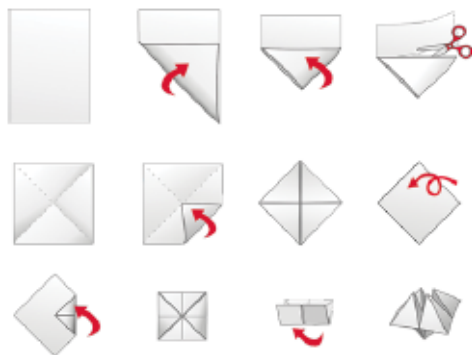
**USING AQHI**

The lower the number, the lower the health risk

A scale from 1 to 10

**AIR QUALITY HEALTH INDEX**

**BREATHING**



Learn about air quality with your friends!

Play this fun fortune teller game to learn more about air quality, how it affects your health and the Air Quality Health Index!