

The Air Quality Health Index: **AQHI**

The Air Quality Health Index (**AQHI**) is presented on a scale of **1 to 10+** and communicates the health risks posed by short-term exposure to outdoor air pollutants.



The **AQHI levels** and **health risk categories** help you quickly identify if it is safe to participate in outdoor sports in your area.

Air Quality Health Index



How to use the AQHI?

Below are some general guidelines on how to use the AQHI. Be mindful of participants with pre-existing health conditions.



If the AQHI reading is low (1 to 3), enjoy your outdoor sport activities. These are the ideal conditions to be physically active outdoors.



If the AQHI reading is moderate (4 to 6), reduce the duration and intensity of outdoor sport activities, move them indoors, or reschedule them to another day or time.



If the AQHI reading is high (7 to 10+), reschedule outdoor sport activities or, where possible, move them indoors to ensure the safety of all sport participants.



**Be Air
Aware!**

Go to **AirHealth.ca** or download the **WeatherCAN app** to check the AQHI in your community.