

## FOREST FIRES – AIR QUALITY REMAINS POOR AT TIMES: THE POPULATION IS INVITED TO APPLY PREVENTIVE MEASURES

**Rouyn-Noranda, June 14, 2023** – The Public Health Department (DSPu) of Centre intégré de santé et de services sociaux (CISSS) de l'Abitibi-Témiscamingue specifies that for the next 24 hours, the air quality could by moment be degraded by smoke in certain sectors.

MRC / City	Air quality	Period
Senneterre Lac-Simon Kitcisakik	<b>Bad to very bad</b>	- From late evening until morning.
MRC d'Abitibi Val-d'Or Ville de Rouyn-Noranda MRC de Témiscamingue	<b>Generally acceptable</b>	- 24-hour period.

Legend :

Very bad	Bad to very bad	Generally bad	bad at times	Generally acceptable	Good
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For more information: [Live air quality tool](#) / [Smoke prediction](#).

### Preventive measures to limit health risks

In the presence of visible smoke or the smell of smoke, limit or postpone, when possible, outdoor activities that require physical effort.

The general population and more particularly vulnerable people, including children, pregnant women, the elderly, people with asthma, people with heart problems, as well as those who already suffer from respiratory diseases, such as emphysema and chronic bronchitis, are invited to reduce their exposure and apply the following measures:

- Stay inside his residence;
- Close the windows;
- Limit air exchange with the outside (for example: shut down the air exchanger);
- Avoid doing any intense physical activity outdoors;
- Make sure to stay in contact with people who are alone;
- Make sure to have access to his medication and to follow his action plan agreed with his attending physician;
- Contact Info-Santé (811, option 1) or Info-Social (811, option 2) in case of concerns about his state of health.

Please note that these are recommendations to protect the health of the population. It is not necessary to contact the emergency services if the latter are not applied.

In addition, it should be noted that vulnerable people in the sectors most impacted by the deterioration of air quality will be contacted by the teams of the CISSS de l'Abitibi-Témiscamingue in order to specify the preventive measures that apply and to offer support that meets their needs.

If no visible smoke or smell of smoke, continue usual activities outside.

When the visibility is good, there is little or no smell of smoke and the [air quality](#) is acceptable, it is possible to continue the usual activities outside. For vulnerable people, such as those with chronic illnesses, it is best to reduce intense physical activity.

Follow the news regularly.

The situation is changing rapidly, it is important to follow the news regularly in order to obtain information on the preventive measures that apply (regional media, Facebook page of the CISSS de l'Abitibi-Témiscamingue, Internet of School Service Centers, etc.).

**General advice for people returning to their communities following an evacuation**

The Public Health Department recommends that people who have been evacuated and who are returning to their homes apply the following preventive measures:

- **Drinking water:** Until the community or municipality confirms that the water is drinkable, please use bottled water for drinking, food preparation and tooth brushing.
- **Food:** If you have run out of electricity, please discard any perishable foods or medications that need to be refrigerated.
- **Ash cleaning:** If there is ash, please clean it with gloves.
- **Potential return of the smoke** , communities are invited to:
  - Keep a list of vulnerable people;
  - Hold an inventory of N95 masks to ensure distribution to the population when needed;
  - Make an inventory of smoke-tight buildings.

**For more information on what to do before, during and after a fire:**

[Wildfires: Before, During & After - Canadian Red Cross](#)

**Further information**

- Power outages:
  - Keep your electronics charged, as power outages are to be expected;
  - In the event of a power failure, never use appliances that burn fuel (e.g. briquette stove, Hibachi, BBQ, fuel heater, generator) inside a home, garage, temporary shelter, shed or any other enclosed space not intended for this purpose.
- Please note that it is prohibited to:
  - Access to the forest on lands in the domain of the State and closes the roads of several sectors;
  - Make outdoor fires, as they could spread at high speed and get out of control.

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