

Cleaner Air in Vancouver



Reducing exposure to wildfire smoke is the best way to protect your health

- 1 If it is too smoky or you are too hot, go to an indoor space with cooler or cleaner air
- 2 Postpone or limit outdoor activities that make you breathe harder, especially if you are experiencing symptoms
- 3 Drink plenty of water to help reduce some common symptoms
- 4 When outdoors, consider wearing a 3-layer mask for moderate protection, or a N95 respirator for higher protection
- 5 If you use rescue medications, always carry them with you and keep a supply at home
- 6 Seek medical care for symptoms like chest discomfort, shortness of breath, severe coughing or wheezing, and dizziness or worsening mental health

 **Prioritize keeping cool when the weather is hot and there is smoke. Being too hot is riskier than breathing in smoke for most people.**

Things to know

- City facilities with cleaner air are available throughout the year during regular operating hours. Go to a cleaner air space when you feel you need relief from wildfire smoke. Spaces with air conditioning can also provide relief and there are locations throughout the City: vancouver.ca/hotweather
 - Additional cleaner air spaces are activated when an air quality advisory is issued by Metro Vancouver
 - Cleaner air spaces are available for everybody. You do not need to register, pay, or show identification to visit a cleaner air space. Seating, water, and access to washrooms are available at these locations.
-  All Community Centre cooling centres will accept well-behaved pets except for the following locations:
- > Evelyne Saller Centre (404 Alexander Street)
 - > Carnegie Community Centre (401 Main Street)

FOR MORE INFORMATION AND UPDATES

vancouver.ca/wildfiresmoke

(Translations available)

IF YOU NEED HELP

Medical emergencies:

Phone 9-1-1

Health questions about symptoms:

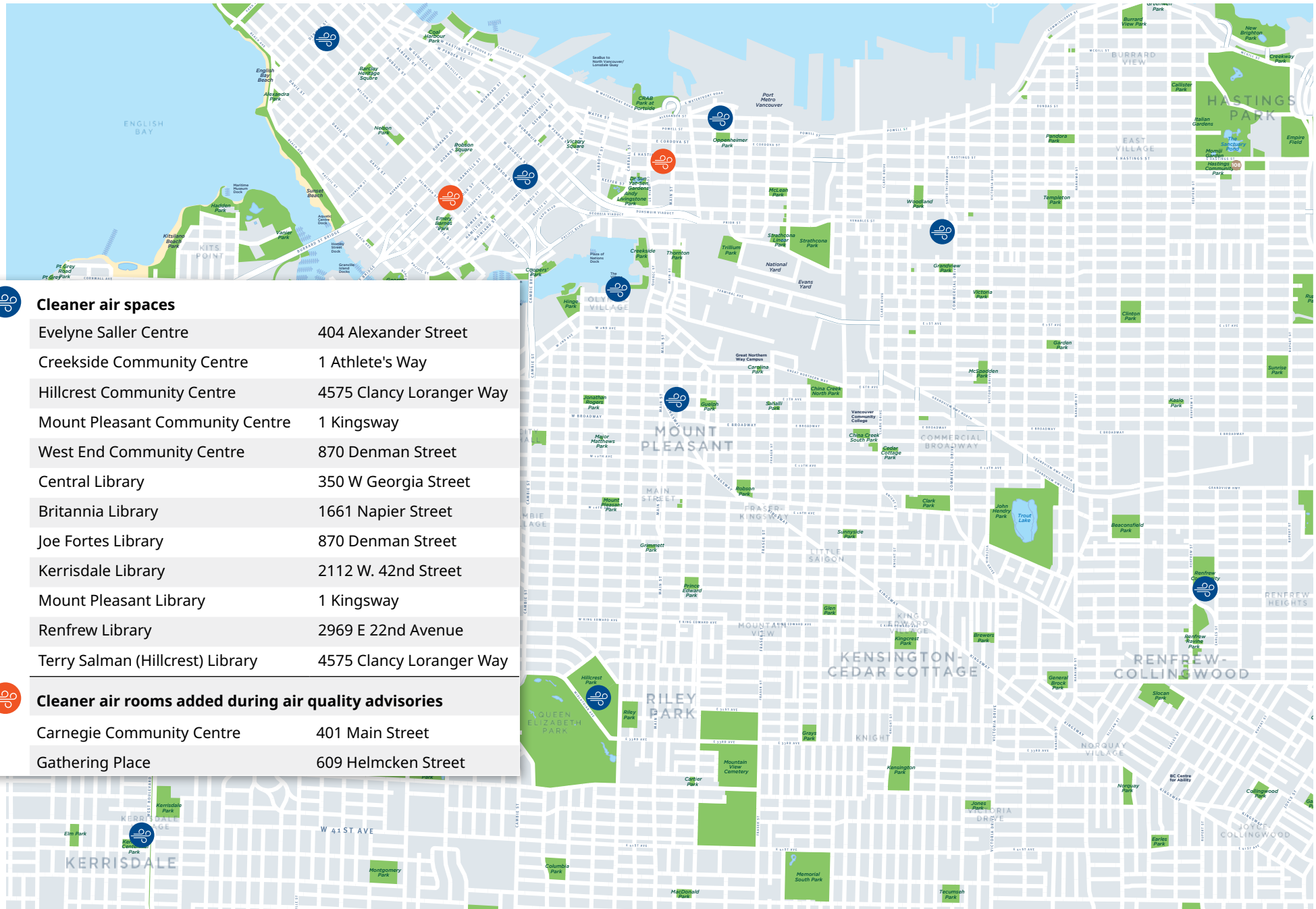
Phone 8-1-1 (7-1-1 for deaf or hard of hearing)

Public locations with cleaner air:

Phone 3-1-1

Interpretation services are available for the phone numbers above

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Cleaner air spaces

Evelyne Saller Centre	404 Alexander Street
Creekside Community Centre	1 Athlete's Way
Hillcrest Community Centre	4575 Clancy Loranger Way
Mount Pleasant Community Centre	1 Kingsway
West End Community Centre	870 Denman Street
Central Library	350 W Georgia Street
Britannia Library	1661 Napier Street
Joe Fortes Library	870 Denman Street
Kerrisdale Library	2112 W. 42nd Street
Mount Pleasant Library	1 Kingsway
Renfrew Library	2969 E 22nd Avenue
Terry Salman (Hillcrest) Library	4575 Clancy Loranger Way



Cleaner air rooms added during air quality advisories

Carnegie Community Centre	401 Main Street
Gathering Place	609 Helmcken Street