

## Precautionary Fire Smoke Health Advisory

CALGARY – Alberta Sustainable Resource Development and Parks Canada are working on a number of prescribed burns in the Central Alberta Rockies.

As a precautionary measure, Alberta Health Services is issuing a Fire Smoke Health Advisory for the communities of Lake Louise, Banff, Canmore, Exshaw, Calgary, Cochrane, Cremona, Sundre, Bragg Creek, and surrounding areas. This advisory is in effect June 4, 2009, to June 7, 2009.

Although prescribed burns ensure smoke is managed more effectively than wildfires, there is still potential for smoke to reach nearby communities, which may experience increased fire smoke in the early morning and late evening. Smoke conditions can vary depending on current weather conditions and prevailing winds, but may affect local air quality and health.

Residents and visitors to these communities are advised to plan activities and manage their health in the areas of possible smoke impact.

**This advisory is especially important for sensitive groups, including:**

- Children, who are more likely to be active outdoors
- Adults with heart or lung conditions/diseases (including asthma), for whom fire smoke might worsen symptoms
- Older adults, who are more likely to have heart and lung conditions/diseases
- Smokers, whose lung and heart function is already compromised
- Pregnant women

When smoke levels are high, even healthy people may experience symptoms. Smoke can cause coughing, a scratchy throat, stinging eyes, a runny nose, headache, shortness of breath and chest pain.

**If you can taste and/or smell smoke in the air:**

- Be aware of your symptoms
- Reduce levels of physical activity as necessary
- Consider sheltering indoors with windows closed
- Operate Air Conditioning (while sheltering indoors) using the recirculation mode unless the Air Conditioner is equipped with a pleated air filter or a High Efficiency Particulate Arrestor filter

If you or family members have already taken the measures listed above and are still experiencing symptoms, consider calling Health Link at 1-866-408-LINK(5465) for advice.

**For media inquiries, please contact:**

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