

BC Air Quality – Eastern Fraser Valley

Air Quality Health Index for Wednesday, October 19, 2022 (4:00pm PDT)

Very High	Above 10	Avoid strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.	Reduce or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.
	*	Elevated levels of sulphur dioxide have been reported and the AQHI has been adjusted to reflect an increased health risk for both sensitive populations and the general population. Consider reducing or rescheduling strenuous outdoor activities if experiencing symptoms.	Elevated levels of sulphur dioxide have been reported. Persons with chronic respiratory conditions such as asthma should consider reducing or rescheduling strenuous outdoor activities if experiencing symptoms.

¹ People with heart or breathing problems are at greater risk. Follow your doctor's usual advice about exercising and managing your condition.

Source: [Environment and Climate Change Canada](#)

i If the AQHI index has increased to 7 (high health risk), it is usually because of high concentrations of smoke particles (PM2.5) in this community.