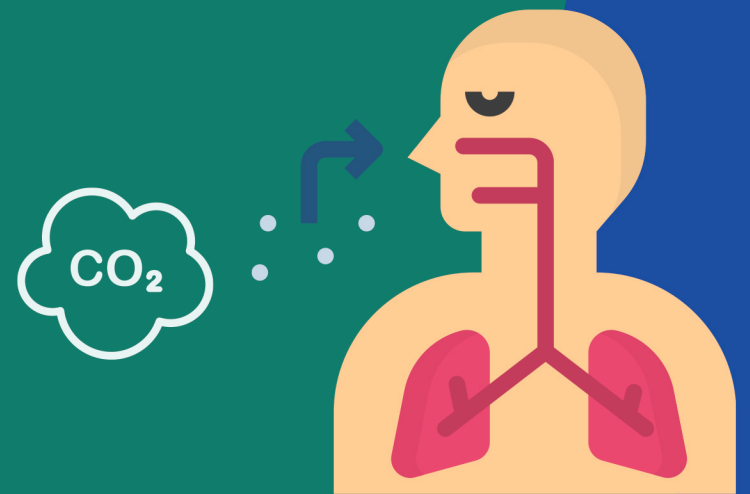


What Is Air Pollution?

Air containing harmful impurities or increased amounts of normal air components which is harmful.

On Canada's online Air Quality Health Index, some air pollutants are measured to provide information about the air quality in your community and the potential risk of suffering health impacts.



What Are The Sources Of Outdoor Air Pollution?

Air pollution comes from:

- Burning of fossil fuels (in vehicles or at home)
- Industrial activities (factory emissions)
- Forest fires or volcanic eruptions

Living near traffic and industries in urban or rural areas can lead to higher exposure levels to air pollution.



Risks to Child Health

Short term symptoms may include:

- Irritation of the eyes, nose, and throat
- Coughing (especially when active)
- Difficulty breathing
- Tiredness
- Headache or dizziness

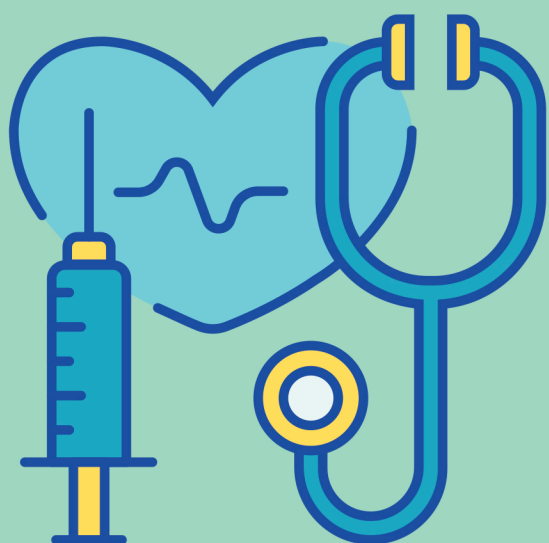


Long-term exposures may lead to:

- Respiratory infections
- Weakened lung function
- Development or worsening of asthma
- Ear infections
- Interference with your child's development



How Can I Protect My Child?



1. Know your child's health

Visit your doctor if you think air quality is impacting your child's health. Children with respiratory conditions, like asthma, are more vulnerable to outdoor air pollution.



2. Monitor the air quality

Monitor the Air Quality Health Index and the associated recommendations. Consider limiting outdoor activities for children (especially those with respiratory conditions).