

DIY Air Cleaner

1x1 Building Instructions



Scan for video instructions

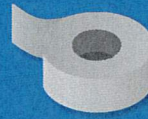
Materials You Will Need



20x20" Box Fan
(Min. 75 Watts)



20x20" MERV 13 Filter
(MPR 1900)



Duct Tape

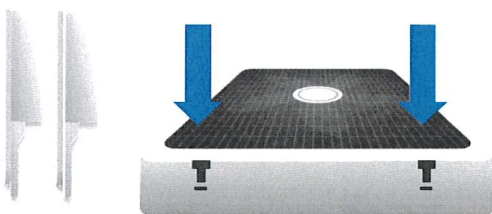


Scissors Or
Box Cutters

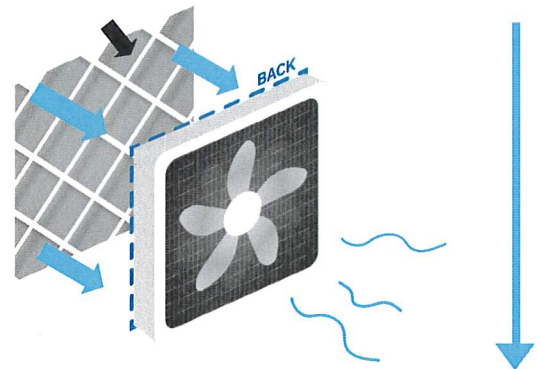
Note: Use a new, clean fan in good condition.

1. Take the fan out of its box. Lay the fan face down. The front of the fan includes the logo.

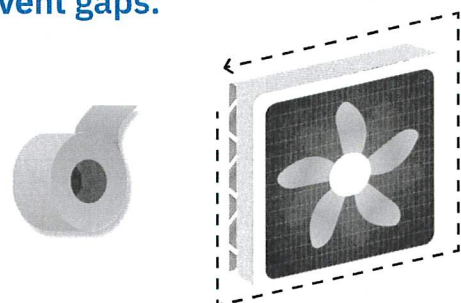
Find the feet of the fan attached to the handle. Twist apart and forcefully slide into slots found on the bottom of the fan.



2. Find the directional arrow on the side of the filter. Place the filter down with the arrow pointing towards the fan.



3. Duct tape the filter directly to the back of the fan. Seal all sides thoroughly to prevent gaps.



Have Questions?

Email: air-cleaners@sfu.ca

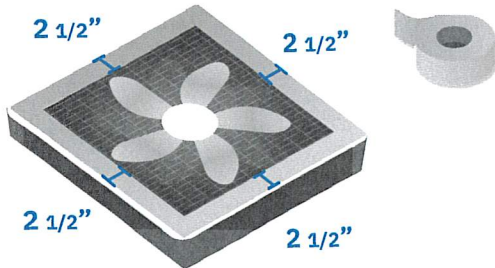
Website: bclung.ca/diyaircleaners

Follow us: @sfu_breathe on Instagram & Facebook

Use Duct Tape To Make A Shroud

4. Lay the fan face up.

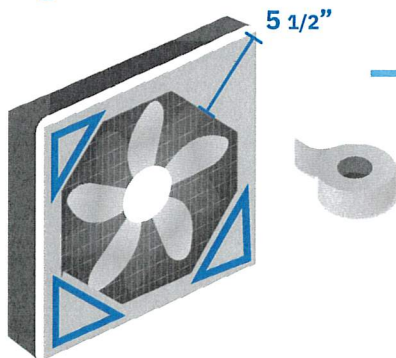
Tape around the front of the fan, creating a border. Measure 2 1/2 inches from the outer edge of the unit on each side. Multiple strips of tape will be needed.



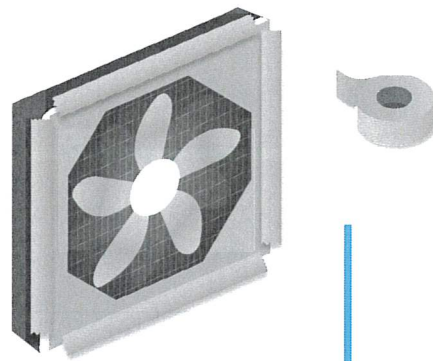
What Is A Shroud?

The shroud stops air from being recaptured into the fan from the corners, which would reduce its effectiveness.

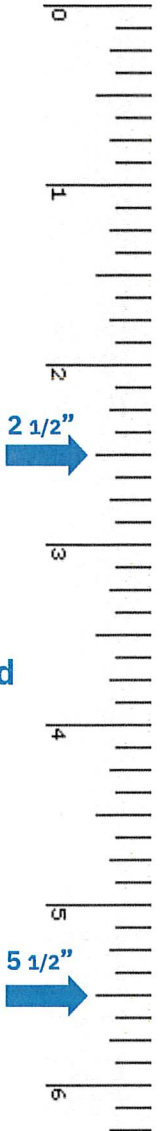
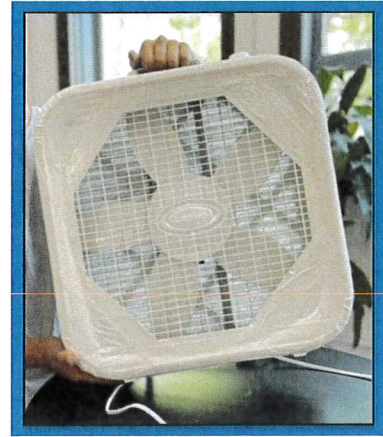
5. Tape the corners of the front of the fan. Measure 5 1/2 inches from the outer edge.



6. Add more duct tape as needed to close all gaps around the edges and corners.



7. Personalize your air cleaner with stickers and decorative tape to make it uniquely yours.





First Nations Health Authority
Health through wellness

Air Purifier Support During Wildfire Season

Individuals are asked to please contact their community health centre to request support for air purifiers and replacement filters. Requests will then be forwarded to the FNHA.

Public health evidence tells us that certain people are at more at-risk from wildfire smoke.

Due to wildfire smoke in various areas of the province, and a non-sustainable supply of air purifiers, the FNHA will only consider requests for air purifiers and replacement filters from communities to support members with high-risk vulnerabilities for acute exacerbation due to wildfire smoke. This may include:

- asthma
- heart disease or diabetes
- respiratory issues
- babies or infants
- elderly
- pregnancy

Priority will be given to individuals and communities who:

- have limited transportation / mobility and are unable to access a community clean air shelter
- live in a home without a ventilation system that can recirculate air

In certain urgent situations community purchase of air purifiers and replacement filters may be eligible for reimbursement from FNHA when prior approval is obtained from the Regional Health Emergency Management (HEM) Team.

Community Clean Air Shelters Please reach out to your local FNHA Environmental Health Officer (EHO) about guidance for clean air shelters.

Replacement HEPA Filters If you received or purchased HEPA filters previously, ensure they remain in good condition or replace the filters as needed. Other replacement filters are provided by the FNHA aligned with guidelines as above.

NOTE: Instant Brand filters are no longer available – contact your Regional HEM team for further action

DIY Air Purifiers A home-made Do-It-Yourself (DIY) air cleaner with box fans and furnace filters can help improve air quality. [New research](#) has been released showing effectiveness of DIY air purifiers. The FNHA, in partnership with the SFU Breathe team, can offer support with materials for community hosted workshops.

Contact your Regional HEM team for more information.

Regional Health Emergency Management Contacts:

Vancouver Coastal: VC.HEM@FNHA.ca

Vancouver Island: VI.HEM@FNHA.ca

Fraser Salish: FSHEM@FNHA.ca

Interior: IREOC.Ops@FNHA.ca

Northern: NorthernHealthEmergency@FNHA.ca

Visit [BC Centre for Disease Control](#) for more information on air purifiers and wildfire smoke protection.

Visit [FNHA's Wildfire Supports](#) webpage for more information.



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Recognizing and Addressing Trauma and Anxiety During Disasters

Disasters like wildfires affect individuals in many ways and may affect your emotional, spiritual, physical and mental well-being. The emotional effects may show up immediately or appear weeks to months later.

If you are feeling stressed or anxious this time of year, you are not alone. The fear of having to flee your home, and possibly leave animals and possessions behind can cause distress, fear and anxiety for you and your loved ones. Even the prospect of living with smoky skies during wildfire season can cause distress.

The risks of disasters, like wildfire season, can also trigger stressful thoughts and feelings related to loss of connection to land, home, and traditional foods and medicines. For some First Nations people it can trigger trauma associated with memories of being forcibly removed from home and sent to residential school, Indian hospitals or foster homes. We would like to offer some support.



Recognizing Anxiety and Trauma

Anxiety and trauma related to disasters affect people in different ways. Physical and emotional signs may include:

- Overwhelming feelings of fear, stress and emotional distress – a feeling of being unable to cope
- Acute anxiety, excessive worry and panic attacks
- Feeling down or depressed, angry, sad, confused, low mood
- Trouble breathing
- Trouble eating (including overeating or not eating enough)
- Trouble sleeping (including nightmares, over-sleeping or not sleeping enough)
- Irritability and agitation, feeling jumpy, tense or hypervigilant
- Avoidance or withdrawal – feeling or being unable to meet the demands of what needs to be done (e.g., preparing for evacuation)

Four Tips to Stay Well

It is important to understand that there is a natural grieving process following any loss and a disaster of any size can cause unusual or unwanted stress.

Below are four tips to help you stay mentally, emotionally, physically and spiritually well during wildfire season:

1. Prepare yourself, your family and loved ones

Having a clear emergency or safety plan and kit ready for your family and pets can ease your mind and allow you to focus on other needs. Even if your community has an emergency plan, it is still important to make a plan that addresses the specific needs of your family and household.

2. Take care of the basics

Stress takes a toll on our physical and mental health. Try to eat well and get enough sleep. Be kind to yourself. Give and accept support. Follow your daily routine if possible. Take a break from disaster news coverage and from thinking and talking about disaster events.

3. Ask for help

Whether it's with family, friends, an Elder, cultural supports, doctor, nurse or counsellor—talking helps. Crisis lines are available to listen and help anytime—not just during a crisis*. Those with moderate to severe symptoms that last more than two to four weeks should consult a family physician, if available. Otherwise, reach out to your nearest Mental Health and Substance Use Centre or community nurse.

4. Help others

Check in on Elders and children. Coping may be more difficult for Elders living alone and those who have mental health and wellness concerns, or those with few social supports. Reaching out to connect with them can be a big help.

Other simple actions that you may find helpful are to keep a journal, stay active (and exercise indoors if the air quality is poor), do volunteer work or participate in activities you enjoy (e.g., beading or sewing, singing and drumming).

***IF YOU ARE STRUGGLING RIGHT NOW, confidential, culturally safe support is available 24/7 through the KUU-US Indigenous Crisis Line at: 1-800-558-8717**

More support resources can be found at:

www.fnha.ca/wildfires

Gov.bc.ca/NaturalDisasterHealth.ca

Visit PreparedBC for resources to help you understand the hazards in your location and to create a family emergency plan:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc>

Visit BC Centre for Disease Control for information on wildfire smoke and steps you can take to protect your health, both indoors and outdoors:

<http://www.bccdc.ca/health-info/prevention-public-health/wildfire-smoke>



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Recognizing and Resolving Trauma in Children During Disasters

Disasters like wildfires affect individuals in many ways. The emotional effects may show up immediately or appear weeks to months later. Here are some helpful tips for recognizing and responding to trauma in children brought on by disaster situations:



Short to mid-term behaviours you may see in your children who are experiencing trauma could include:

- A return to earlier behaviour, (thumb sucking or bed wetting)
- Clinging to parents, crying and screaming
- Reluctance to go to bed
- Nightmares
- Fantasies that the disaster never happened
- Refusal to attend school
- Problems at school
- Inability to concentrate
- Withdrawal, immobility

It is important to understand that there is a natural grieving process following any loss and a disaster of any size can cause unusual or unwanted stress. If you are seeing any of these behaviours there are things you can do to support.

Below are five tips to keep in mind as communities continue to face the wildfires.

Talk to your children about their feelings and your feelings. You will find that many feelings are shared, regardless of age.

Encourage your children to draw pictures of the disaster. This will help you understand how they view what happened.

Talk with your children about what happened, providing factual information that they can understand. Talk about your family's preparedness, including the role your children can take.

Reassure your children that you and they are safe. Repeat this assurance as often as necessary.

Hold your children. Touch provides extra reassurance that someone is there for them. Spend extra time with them, especially at bedtime. Sing songs or say prayers with them and maintain the spirit of regular family or cultural practices.



First Nations Health Authority
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First Nations Health Information for Evacuees

Important information about health and social services for First Nations communities impacted by evacuation in BC.

HEALTH BENEFITS

Call Health Benefits at 1-855-550-5454

Refilling Prescriptions

With the current evacuations taking place in BC, some FNHA clients may not have access to their medications and will require a refill or replacement. To replace or refill a prescription for medication, please go to a local pharmacy. The pharmacist will be able to provide support. FNHA clients can call Health Benefits if they need help with this process.

Medical Transportation

For support to attend a medically-necessary appointment such as dialysis, please contact Health Benefits for guidance on what supports are available.

Medical Supplies and Equipment (Including Oxygen Tanks)

Health Benefits can help with questions about medical supplies and equipment, including refill or replacement of oxygen tanks and related products.

Eyewear and Vision Care

Health Benefits covers certain vision care items and services such as prescription eyewear and repairs, sight tests and eye exams. Many vision care providers can bill FNHA Health Benefits directly, so clients do not pay out of pocket.

Dental Items (Dentures)

Contact Health Benefits for support to access dental services or find out what is covered. Most dental providers in BC can bill the FNHA directly.

MENTAL HEALTH SUPPORTS

**KUU-US Crisis Line: 1-800-KUU-US17
(588-8717)**

Available 24-hours a day, seven days a week, regardless of where individuals reside in the province, those in need of support can call for an immediate response.

Indian Residential School Survivors Society

1-800-721-0066

Tsow-Tun-Le-Lum 1-888-403-3123

FNHA Virtual Doctor of the Day

Doctors are on call seven days a week to provide medical advice, prescriptions and referrals.

Visit www.fnha.ca/virtualdoctor

FNHA Virtual Substance Use & Psychiatry Services

Specialists in addictions medicine and psychiatry are on call weekdays to support individuals and their family members. Visit www.fnha.ca/virtualhealth

FNHA Mental Health Counselling

Please contact FNHA Health Benefits at 1-855-550-5454 to be connected with a mental health counsellor.

STAY UP TO DATE

The FNHA information page

(www.fnha.ca) will be the main location for FNHA updates on the event, emergency phone lines and other crucial emergency services. We will continue to monitor the situation closely and provide updates as needed.

For more information, visit: www.fnha.ca

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First Nations Health Authority
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Wildfire Smoke and Clean Air Shelters

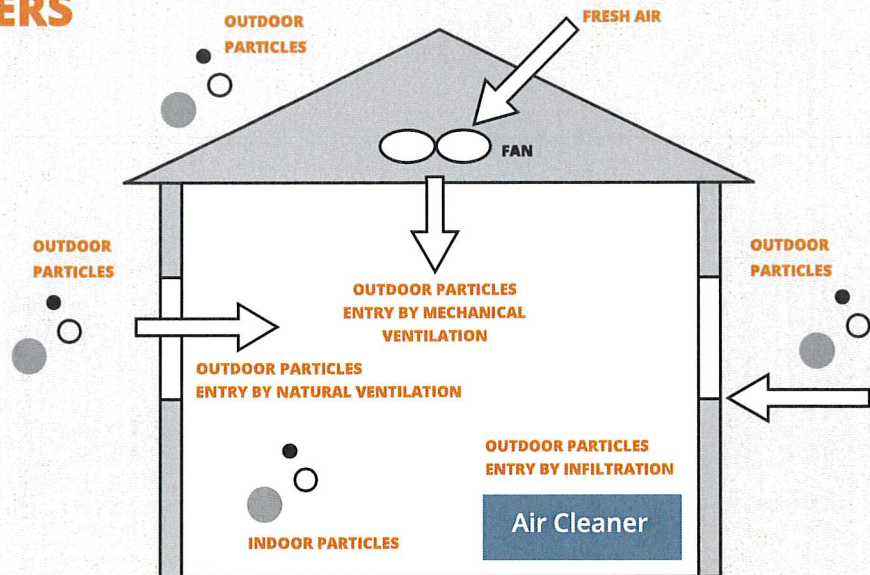
Wildfire smoke can have additional health risks for vulnerable populations or create irritating symptoms in healthy individuals. Staying indoors is recommended during smoke events to reduce exposure. Creating a clean air shelter can help. If your area is regularly impacted by smoke, plan your clean air shelters before the smoke season so that you are prepared.

Clean air shelters are areas, rooms or buildings that have a filtration system that reduces the amount of particulates generated by wildfire smoke. The objective, as in the image below, is to limit outdoor air entering the home, avoid creating indoor air pollutants, and filtering indoor air.

There are no specific standards or air quality measurements for clean air shelters. A review of science-based literature has shown that central air units are effective at reducing particulate materials/matter.

CLEAN AIR SHELTERS

- Limit infiltration from outdoors
- Limit indoor air pollution
- Clean indoor air (existing central air, HEPA, electrostatic precipitator)



A HOME CLEAN AIR SHELTER provides your home, or a room in your home, with filtration to reduce smoke exposure.

- Close all windows and doors.
- Seal cracks around doors and windows.
- Turn off exhaust fans, window air conditioners or other external vents.
- A central air system or air conditioning system can be used.
- Turn the fresh-air intake off and set to recirculate.
- A high efficiency particulate air (HEPA) filter is best; however conventional filters will lower particulate matter levels to a lesser degree.
- Portable air cleaners (HEPA or electrostatic air filters) can be very effective at reducing smoke particles. Be sure that the unit is appropriately sized for the room.
- Avoid creating other air pollution (e.g., smoking, burning candles, gas and wood stoves, and certain cleaning products). Avoid vacuuming which can stir up dust.
- During heat events, air conditioning may be needed to keep the home cool and reduce heat stress.
- During periods when smoke clears, open windows and doors to provide fresh air into the home.

If you do not have a central air system or access to a portable air cleaner, taking the steps above to limit smoke entering the home will still help to reduce smoke levels in the home. Ground floor or basement levels tend to be cooler and may be less impacted by smoke.

Portable air cleaners should meet these standards:

- Designated as HEPA or electrostatic precipitator
- CADR rated for tobacco smoke
- Sized for the room it will be used in

A COMMUNITY CLEAN AIR SHELTER is a building, or area of a building, with filtration to help reduce smoke exposure. It can provide temporary relief for community members during smoke events.

- Buildings such as band halls or schools, shopping malls, libraries or community centres usually have appropriate cooling and air filtration equipment.
- Conventional filters provide some reduction in particulate levels.
- Consider installing HEPA filters in long-term care or Elders facilities, child care centres and schools to reduce exposure for these more vulnerable populations.
- Confirm with a professional if the building system is suitable for a HEPA filter.
- Any modifications to building HVAC systems should be done by a professional.
- Consider giving vulnerable populations priority access to these areas.

FNHA Environmental Health Officers can work with communities to identify suitable community clean air shelters and provide advice on home clean air shelters.

At this time, FNHA does not provide funding for the purchase of portable air cleaners. Communities are encouraged to prioritize purchases for vulnerable populations. Consult with emergency response programs to confirm eligible purchases.

How to protect yourself from SMOKE



What is the Air Quality Health Index (AQHI) and how do I use it?

Fine particulate matter (PM_{2.5}) from wildfires and woodstove smoke can drive large, rapid changes in air quality that impact our health. The Air Quality Health Index (AQHI) is a colour scale that is designed to help people understand what normal air quality looks like, and how to adjust their activities when air quality worsens.

1-HOUR PM _{2.5} (µg/m ³)	PROVINCIAL AQHI	AQHI RISK CATEGORY	HEALTH MESSAGE FOR PEOPLE AT HIGHER RISK	HEALTH MESSAGE FOR GENERAL POPULATION	ACTIONS TO REDUCE WILDFIRE SMOKE EXPOSURE
0 – 10	1	LOW	Enjoy your usual outdoor activities.	Ideal air quality for outdoor activities.	Normal air quality in British Columbia
11 – 20	2				
21 – 30	3				
31 – 40	4	MODERATE	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms.	No need to modify your usual outdoor activities unless you experience symptoms.	<ul style="list-style-type: none"> Use a portable air cleaner or DIY box fan air cleaner to reduce smoke in your home Stay inside with doors and windows closed, but keep cool – heat-related illness is more risky than breathing smoke for most people Visit places with cleaner and cooler air, such as libraries, community centres, and shopping malls
41 – 50	5				
51 – 60	6				
61 – 70	7	HIGH	Reduce or reschedule strenuous activity outdoors.	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms.	<ul style="list-style-type: none"> Wear a well-fitted respirator (e.g. N95) outdoors.
71 – 80	8				
81 – 90	9				
91 – 100	10	VERY HIGH	Avoid strenuous activity outdoors.	Reduce or reschedule strenuous activity outdoors, especially if you experience symptoms.	
101+	10+				

From: *Wildfire smoke and the Air Quality Health Index (AQHI)*. <http://www.bccdc.ca/health-info/prevention-public-health/wildfire-smoke>

Who is most susceptible to smoke?

- People with chronic respiratory conditions (e.g., asthma or COPD)
- People with heart disease, diabetes or other chronic health conditions
- Pregnant people, young children and older adults
- People with physically demanding jobs and those who work outdoors

Individual reactions to smoky conditions may vary! That's why it's important to monitor your symptoms and keep an eye on local air quality to understand where your personal sensitivity lies.

Find out more about using a respirator:



What are the signs of smoke exposure and what should I do?

Mild	More Severe
Eye irritation, runny nose, sore throat, wheezing, mild cough, headaches	Shortness of breath, bad cough, dizziness, chest pain, fast beating/fluttering heart
Reduce exposure by reducing outdoor activity and implementing indoor air cleaning.	Call HealthLink BC (8-1-1), visit your health-care provider, or go to a walk-in clinic or emergency department, depending on severity of symptoms.

For more information, please visit <https://www.islandhealth.ca/learn-about-health/environment/wildfires>

Last revised: June 2025



[Community Virtual Care](#) also offers support for wildfire smoke-related illness. A registered nurse will call you twice a day to monitor your symptoms and connect you with other services. Visit the [CVC webpage](#) or call your local Community Access office to learn more (North Island: [1-866-928-4988](#); Central Island: [1-877-734-4101](#); South Island: [1-888-533-2273](#)).

How can I keep track of my local air quality?

Many communities now have access to free, up-to-the-minute air quality information from a **community air sensor network**. These networks rely on low-cost particulate matter sensors that provide more localized air quality data. Environment and Climate Change Canada then reviews and posts this information on a free interactive map, the **AQMap**. Click on the air sensor nearest you to learn:

- The local PM_{2.5} concentration;
- The current estimated AQHI;
- Suggested actions for at-risk individuals as well as the general population.

During wildfire season, the Province and Island Health may also issue a **Smoky Skies Bulletin** if extremely poor air quality is expected over a prolonged period (24-48 hours). You can sign up for Smoky Skies Bulletins in advance using the QR code.

How do I reduce my exposure to smoke?

- **Listen to your body** regarding outdoor physical activity – if your breathing becomes difficult or uncomfortable, stop or reduce the activity.
- **Outdoor smoke will infiltrate** indoor spaces. Consider using an air cleaner with a high efficiency particulate air (HEPA) filter to lower indoor PM. If necessary, you can make your own **DIY air cleaner**.
- When outdoor air quality deteriorates, use your air cleaner(s) to create a **cleaner air space** in your home (e.g., a bedroom). Air cleaning works best when windows and doors are closed.
- **Stay cool** and drink plenty of fluids.
- **Reduce indoor pollution sources**, such as smoking and indoor wood burning. If you rely on a **woodstove** for heat, choose a low-emission, CSA-certified stove, clean your chimney regularly, use your dampers, and burn only properly conditioned wood (seasoned and cut into smaller pieces).
- **Respirators** can provide some protection from outdoor smoke. However, it is important to be aware of the limitations of mask use in such situations.
- **Stock up** on at least 5 days worth of medications to prepare for smoke events.

What if it's hot and smoky?

Heat generally causes more deaths on a hot day than smoke causes on a smoky day. However, many people impacted by heat are also impacted by smoke. If you belong to an at-risk group, **prioritize staying cool**. If you can't create a cooler, cleaner air space in your home, try visiting an air-conditioned public space or a cooling center.

Find your local sensor on the AQMap



Sign up for Air Quality Advisories:



Learn how to choose a HEPA air cleaner:



Learn how to make a DIY Air Cleaner:



Wildfire smoke resources for community health partners and local governments

Wildfire smoke is a complex mixture of air pollutants that can impact people of all ages in various ways. Reducing exposure to wildfire smoke is the best way to protect population health.

[Health Emergency Management BC](#), [First Nations Health Authority](#), [Métis Nation British Columbia](#) and [Island Health](#) have joined to create this list of health recommendations, resources and tools to help communities cope with wildfire smoke exposure. The resources provided here are intended to complement the innovative smoke preparedness work already underway in community.

Table 1. Populations most susceptible to wildfire smoke

People with chronic respiratory conditions (e.g., asthma or COPD)	People with physically demanding jobs and those who work outdoors
People with heart disease, diabetes or other chronic health conditions	Infants and young children
Older adults	Pregnant people

Table 2. Signs of wildfire smoke-related illness

Mild	More Severe
Eye irritation, runny nose, sore throat, wheezing, mild cough, headaches	Shortness of breath, bad cough, dizziness, chest pain, fast-beating/fluttering heart
Reduce exposure by reducing outdoor activity and implementing indoor air cleaning	SEEK MEDICAL ATTENTION

Wildfire smoke may also impact [mental health](#), in some cases leading to increased anxiety, depression and feelings of stress or frustration.

Health recommendations for wildfire smoke planning

- Maintain situational awareness among your team by monitoring the [Air Quality Health Index \(AQHI\)](#) or other real-time air quality data such as the [Smoky Skies Bulletin](#), interactive [smoke forecast](#) mapping or [AQHI maps](#). The [WeatherCAN](#) app can also send customized notifications.

In addition, your local PM_{2.5} sensor network can provide extremely localized, timely information on changing air quality. The [Air Quality Map](#), created by the University of Northern British Columbia and Environment and Climate Change Canada, corrects the data available from public sensors and provides information on AQHI and actions to take.

- Consider developing a community [wildfire smoke response plan](#) and provide training to staff and volunteers to ensure they know what to do to protect their clients, students, the public and themselves during wildfire smoke events.
 - Prepare staff and volunteers to [recognize the signs of illness from wildfire smoke](#) exposure (see Table 2 above) and know when to seek medical care.
 - Communicate your response plan with community members ahead of time to build confidence and enhance implementation when needed.
 - Encourage community members to check on neighbours during wildfire smoke events.

- Improve the indoor air quality of your facilities. Consider developing [wildfire smoke readiness plans](#) for each of your facilities, which may involve the following:
 - Ensure the buildings' heating, ventilation and air conditioning (HVAC) systems are well-maintained and functioning. For filtration, MERV-13 filters are considered effective in removing wildfire smoke particles. Ensure filters are replaced as needed. If HVAC upgrades are possible, consider making ventilation systems High Efficiency Particulate Air (HEPA) filter-ready, such that standard filters can be swapped out for HEPA filters during smoke events.
 - [Filtration in institutional settings](#) should be considered to support clients in community.
 - If central filtration with MERV-13 filters is not possible, portable air cleaners with HEPA filtration may be an option. Ensure the unit's clean air delivery rate is [suitable for the room's size](#) and avoid air cleaners that produce ozone.
 - If necessary, home-made box fan air cleaners can be used to create a clean air space, based on [instructions and safety advice](#) from the BCCDC.
 - Air-cleaning works best when windows and doors are closed, so energy-efficient cooling systems (e.g. ductless heat pumps or air conditioners) may also be necessary on hot days.
 - PM_{2.5} monitoring using a low-cost sensor can show whether filtration has been effective compared to the [nearest outdoor sensor](#).
 - Health Canada has guidance on creating [cleaner air spaces](#) during wildfire smoke events.

- Encourage community members to engage in personal preparedness, as outlined in Prepared BC's [Wildfire Preparedness Guide](#).
 - Island Health has developed a complementary two-pager entitled [How to protect yourself from smoke](#) to provide additional health advice for smoke resilience. This can be printed and distributed to community members

What to do during a wildfire smoke event

- Monitor rapidly changing air quality conditions through [your local AQHI](#) or the [WeatherCAN app](#).
- Drink plenty of water and stay cool.
- Encourage those with chronic health conditions (e.g., asthma) to follow their care plan, have any necessary medications on hand and seek additional advice from their physician if needed.
- Reduce outdoor activity during periods of poor air quality, especially [outdoor exercise](#). Use [this AQHI table](#) to guide actions for the general public vs. people at higher risk.
- Activate measures to improve or maintain indoor air quality, as above.

- o While [respirators and multilayer face masks](#) provide good protection if well-fitted, simple one-layer cloth masks, bandanas or gaiters, etc., offer low protection whether wet or dry.

Coping with dual wildfire and extreme heat events

In the short term, overheating poses a greater health risk than smoke inhalation. Many people are at risk of potential severe injury and death if they overheat, while a much smaller proportion are at risk of severe acute respiratory or cardiovascular attack. Individuals most at risk from smoke are also at risk from heat, and older adults may begin to experience heat impacts at temperatures above 26 C. Therefore, most people should prioritize staying as cool as possible in very hot weather.

Seek cooler, cleaner indoor air – at home if possible, and elsewhere if not, such as a shopping mall or community cooling or clean air centre.

We recognize and appreciate the tireless efforts of local governments, Indigenous Governing Bodies and communities who have worked diligently over the years to protect their communities from the harmful impacts of wildfire smoke. Your dedication to safeguarding health and well-being is invaluable.



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Island Health



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First Nations Health Authority

ADDITIONAL RESOURCES

- Island Health [Wildfires](#) webpage
- BCCDC [Wildfire Smoke](#) resources, translated into 10 languages
- Province of B.C.'s [Wildfire Preparedness Social Media Package](#)

CONTACT US

Island Health's [Health Protection and Environmental Services Locations](#)
Email Health Emergency Management BC at hembc@islandhealth.ca

Wildfires and Air Quality

Resource List

May 7th is Wildfire Community Preparedness Day.

- [Wildfire smoke 101: Wildfire smoke and your health - Canada.ca](#)
 - General information on wildfire smoke and pollution levels, symptoms of smoke exposure, reducing your exposure to wildfire smoke, and protecting your health.
- [Wildfire smoke 101: How to prepare for wildfire smoke - Canada.ca](#)
 - Printable checklist on how to prepare yourself and your home.
 - People more at risk, links to other Canada resources (health, air quality).
- [Wildfire smoke 101: Combined wildfire smoke and heat - Canada.ca](#)
 - People at risk, symptoms of combined exposure, how to reduce risk.
- [Wildfire smoke and air quality - Canada.ca](#)
 - Overview of Air Quality Health Index.
 - Provides links to other Canada resources: staying informed (air quality alerts, current AQHI, smoke forecast, current wildfire locations), wildfire smoke and your health, air quality and weather (how weather affects wildfire smoke), and air quality FAQs.
- [Wildfire smoke 101: Using an air purifier to filter wildfire smoke - Canada.ca](#)
 - Printable tip sheet teaches about who benefits most, how to choose the right one for you, general operation, HVAC systems.
- [Guidance for Cleaner Air Spaces during Wildfire Smoke Events - Canada.ca](#)
 - Detailed guidance and checklist developed by Health Canada. Provides advice to local jurisdictions on that are creating and/or managing community-based clean air spaces. Covers specific pollutants of concern, associated health risks, reducing exposure and associated health impacts.
 - Strategies for sheltering at home.
- [Wildfire Smoke and Health | National Collaborating Centre for Environmental Health | NCCEH - CCSNE](#)
 - Repository of guides, evidence reviews, factsheets, webpages, blogs.
 - Topics: public health impacts and interventions, preparedness and response planning (for public health officials and others), occupational health, communication, lessons learned, Indigenous and remote communities and returning home after a disaster.
 - Mitigating wildfire and smoke risks, wildfire management, community and homeowner resources.



- [Wildfires and Your Health | HealthLink BC](#)
 - Main BC landing page for wildfires and health: preparedness before, during and after a wildfire.
 - Air quality, food safety and water quality

- [Wildfire Smoke \(bccdc.ca\)](#)
 - Fact sheets and information about wildfire smoke and health impacts, including: health effects, preparing for, portable air cleaners, air quality, composition of smoke, outdoor exercise, AQHI, home-made box air fan filters, face masks.

- [FNHA-Returning-to-Your-Home-After-Wildfires.pdf](#)
 - A resource on returning to the home after a wildfire. The home may be impacted by smoke, soot and ash, chemicals, structural damage and water damage. This information is a collection of health and safety considerations during initial work to restore the home.

- [Smoke Exposure from Wildland Fires: Interim Guidelines for Protecting Community Health and Wellbeing \(gov.mb.ca\)](#)
 - Guidelines are intended to assist the health sector, communities and other stakeholders in communicating health risks and recommending actions or precautions to protect people from wildland fire smoke exposure

- [Wildfires \(getprepared.gc.ca\)](#)
 - Emergency preparedness for Wildfires across Canada. Provincial and territory main website links.

- [FireSmart Canada | FireSmart Canada leads the development of resources and programs designed to empower the public and increase neighbourhood resilience to wildfire across Canada.](#)
 - Information and resources for homeowners and builders on wildfire and fire safety.