THE HEALTH IMPACTS OF **AIR POLLUTION IN CANADA**

WHAT IS

AIR POLLUTION?

Outdoor air pollution is a mixture of gases, particles, and many other chemicals that can have an impact on human health. Key outdoor air pollutants include:

- → Fine particulate matter (PM_{2.5})
- → Nitrogen dioxide (NO₂)
- → Ground-level ozone (O₃)

WHO IS AT RISK?

All Canadians can experience health issues on days when the air is heavily polluted, but some groups are more at risk:

- → Children
- → Seniors
- → People with asthma, chronic obstructive pulmonary disease (COPD), cardiovascular diseases, diabetes
- → Active people of all ages who exercise or work hard outdoors
- → People living near sources of industrial pollution or busy roadways



Air pollution leads to disease, increased hospitalizations, and even premature death. Addressing air pollution remains a priority for the Government of Canada.

In Canada, air pollution comes from:





Vehicles

Industrial facilities





Forest fires

Wood burning





Agriculture

Construction

Oil and gas industry

Electricity generation

DID YOU KNOW?

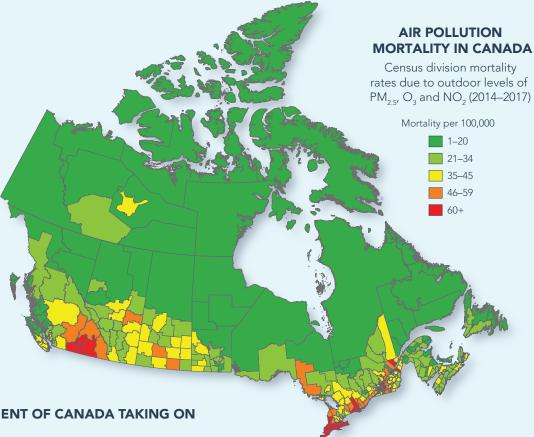
You can learn more about air pollution and air quality in Canada by visiting the **STATE OF THE AIR** website

> http://airquality-qualite delair.ccme.ca/en/



Health Canada estimates that every year, air pollution in Canada causes:

- → 15,300 premature deaths
- → 2.7 million days of asthma symptoms
- → 35 million days of acute respiratory symptoms
- → Economic costs of \$120 billion



Canada

WHAT ACTION IS THE GOVERNMENT OF CANADA TAKING ON **OUTDOOR AIR POLLUTION?**

- → Federal regulations have reduced outdoor emissions of air pollutants from key sources in Canada.
- → Canada participates in various international initiatives to reduce human health and environmental impacts from cross border flow of air pollution.
- → Canada has established the Canadian Ambient Air Quality Standards. These help to continuously improve air quality across the country.

HOW CAN I PROTECT MYSELF AND MY FAMILY FROM OUTDOOR AIR POLLUTION? Know the best times to be active outdoors:

- → Check the Air Quality Health Index in your community (airhealth.ca)
- → If you have a heart or lung condition, talk to your health care professional about more ways to protect your health when air pollution levels are higher

Ways to reduce exposure:

- → Avoid or reduce strenuous outdoor activities when air pollution levels are high
- → Choose low-traffic routes for walking, running, or cycling, especially during rush hour
- → Exercise in parks and green spaces, away from major roads

For more information, please visit www.canada.ca/en/health-canada/services/air-quality.html or contact us at: HC.air.SC@canada.ca / 1-833-233-1014 (toll free)







