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RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK
NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES

# PUBLIC NOTICE

## SMOKE ALERT IN NUNAVIK

**Kuujjuaq, August 7th, 2023.** Forest fires are taking place in Quebec. Smoke plumes, pushed by the winds, can be seen in some communities Kuujjuarapik and Umiujaq on August 8th. A smell of smoke can be detected.

Protect your health:

- Close the doors and windows of his residence;
- Limit outdoor air intake by turning off its air exchanger if necessary;
- Limit outdoor and strenuous physical activity as much as possible.
- Make sure that your isolated, sick, or very elderly loved ones also avoid exposure to the outside air;
- Drink plenty of water. This helps your body cope with smoke.
- The best way to guard against the negative effects of poor air quality is to stay indoors. If you have to go outside for an extended period of time, wearing an N95 mask can help. You can get them at your CLSC.

The effects that could be felt when exposed to smoke are:

- tingling eyes and watery eyes
- runny nose and sinus irritation
- sore throat and mild cough
- a headache.

The following symptoms are less common, but more severe.

- shortness of breath
- wheezing (including asthma attacks)
- severe cough
- dizziness
- chest pain
- heart palpitations.

If you are worried about yourself or someone close to you, call 811. In case of emergency, go to the CLSC.

**Source:** Department of Public Health, NRBHSS

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