PART 1: To be completed by yourself or with help from others (such as a friend or healthcare provider)

My Wildfire Smoke and Extreme Heat Action Plan

Name: _____ **Date:** __/__/____

Care Professional Name: _____ Emergency Contact Name: _____
Phone #: (____)____-_____ Phone #: (____)____-_____

Wildfire smoke and extreme heat can affect your health, but there are steps you can take to protect yourself. This action plan will help you *prepare* and *respond*.

I KNOW MY AIR QUALITY AND TEMP

☐ I will receive emergency alerts
1. phone (heat: emergency alerts active)
2. email (smoke: Air Quality Subscription Service)

If I can see or smell smoke, I know the risk is high to very high
Alert = Risk, but NO Alert ≠ NO Risk

☐ I can check smoke and weather conditions at least daily
1. phone (WeatherCAN app)
2. online (BC Air Quality Reports for smoke, BC Weather Alerts)
3. radio channel: _____AM/FM

BC Air Quality Subscription Service: https://aqss.nrs.gov.bc.ca/subscription.html

BC Air Quality Reports: https://www.env.gov.bc.ca/epd/bcairquality/data/aqhi-table.html

BC Weather Alerts: https://weather.gc.ca/?alertTableFilterProv=BC

☐ If I cannot access this information on my own, I will call: _____at (____) ____-_____

MY HOME AND SUPPLIES ARE READY If applicable, I have…

☐ extra medications (pharmacy delivery contact: _____)
☐ I asked my pharmacist/doctor about any of my medications that might affect my reaction to heat
☐ extra food (grocery/food delivery contact: _____)
☐ home thermometer and extra batteries as needed
☐ window coverings to block sun and heat
☐ heat pump, or an air conditioning unit and/or fan
☐ air cleaner (make or purchase with HEPA filter)
☐ supply of well-fitted masks (N95 respirator or similar)
☐ designated cleaner air/cool room

MORE INFORMATION
Wildfire Smoke **Extreme Heat**

☐ If I have forced air heating, I have talked to my service provider about filters/settings to use when smoky
☐ If employed, I have talked to my employer about a plan for during events, including masks (for smoke), water access and breaks (for heat), alternative duties, indoor, or work-from-home options

I HAVE A PLAN FOR DURING AN EVENT

I will check in with my buddy (name:_____, phone #: (____) ____-_____) at least daily at ___:___AM/PM, and tell them if I relocate

If I *must* go outside, I will protect myself by:
1. Having my mask ready for smoke
2. Making a to-go bag in advance (water, snacks, meds, essentials)
3. Using my safe transport options

MY SAFE TRANSPORT
- Ride Contact: _____ Phone # (____)____-_____)
- Transit route: _____
- Drive myself, with car vents and windows closed and air conditioner on "recirculate"

If I need cooler and/or cleaner air, I will go to:
COOL AIR (day)_____/ (night)_____
CLEANER AIR (day)_____/ (night)_____
COOL & CLEANER AIR (day)_____/ (night)_____

Non-emergency questions: Call 8-1-1 or your family doctor
Medical emergency: Call 9-1-1

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This evidence-informed tool does not replace the advice of medical or emergency personnel. Tool creators & affiliated organizations disclaim liability.

PART 2: To be completed/reviewed with your healthcare provider or trained community member

My Wildfire Smoke and Extreme Heat Action Plan

Name: _____ **Date:** __/__/____

AQHI Activity Guide

Overheating is more dangerous than smoke for most people at risk.
During an event - call your buddy *daily*!

WILDFIRE SMOKE: When air is…

	1-Hour $PM_{2.5}$ ($\mu g/m^3$)	BC AQHI	AQHI Risk Category	Health Message for Me
	0-10	1	**LOW** (blue)	*Normal air quality- continue normal activities.*
	11-20	2		
	21-30	3		
	31-40	4	**MODERATE** (yellow/orange)	
	41-50	5		
	51-60	6		
	61-70	7	**HIGH** (pink/red)	
	71-80	8		
	81-90	9		
	91-100	10		
	101+	10+	**VERY HIGH** (maroon)	

(AQHI = Air Quality Health Index; $PM_{2.5}$ = fine particulate matter)
If you have a lung infection you may have a *higher than usual* risk from wildfire smoke: take extra precautions.

EXTREME HEAT: When temperature is…

Body		Home/Indoor	
36.5-37°C (97.7-98.6°F)	*Normal, monitor for symptoms*	*Usually safe, monitor*	**Less than 26°C** (<78.8°F)
37.1-39°C (98.7-102.2°F)	*Above normal; possible heat-related illness*	*Risk increasing*	**26-31°C** (78.8-87.8°F)
Over 39 °C (>102.2°F)	*Seek immediate medical help*	*High risk; leave for cooler air*	**Over 31 °C** (>87.8°F)

Cooling Your Body

1. Cool your home or relocate to a cooler place
2. Make ice and prepare jugs of cool water
3. Take off extra layers of clothing to expose skin
4. Cool damp towels in the fridge to use
5. Take cool showers
6. Sit with feet in cool water
7. Use a spray bottle to mist cool water on your skin
8. Limit physical activity

Cooling Your Home

1. Use thermometer to monitor indoor temp, check batteries
2. Turn on air conditioner*
3. Turn on fans to move cool air into living spaces
4. Use shades, curtains, blankets, and/or cardboard to block sunlight from windows
5. Close windows during heat of the day
6. Open windows at night or with cool breeze*
7. Turn off appliances that generate heat

*if outdoor air quality is poor, #2 and #6 may worsen indoor air quality; consider carefully.

Non-emergency questions: Call 8-1-1 or your family doctor
Medical emergency: Call 9-1-1

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