

What is the Air Quality Health Index?

The Air Quality Health Index (AQHI) is a scale from 1 to 10 that tells people what kind of air day it is in their community. It is a tool used all across Canada and is available to more than 80% of the population in British Columbia.

The AQHI is designed to protect health by encouraging people to adjust activity levels during times of increased air pollution. It also provides advice on how people can improve the quality of the air they breathe.

The AQHI pays attention to people who are sensitive to air pollution and provides them with advice on how to protect their health during air quality levels associated with low, moderate, high and very high health risks.

Blue Day			Gray Day			Brown Day				Red Day
1	2	3	4	5	6	7	8	9	10	+
Low Risk			Moderate Risk			High Risk				Very High Risk

	At risk population	General Population
Blue Day Low Risk	Enjoy your usual outdoor activities.	Ideal air quality for outdoor activities.
Grey Day Moderate Risk	Consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.	No need to modify your usual outdoor activities unless you experience symptoms such as coughing or throat irritation.
Brown Day High Risk	Reduce or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
Red Day Very High Risk	Avoid strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.	Reduce or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.

