



Keewatinohk Inniniw Minoayawin Inc.

Yathe Hotśj Dene ʔ Edenąkanełnj | Northern Peoples' Wellness

Smoke and Air Quality

You may not see the fire, but if you can smell the smoke, it's already harming your lungs. Stay indoors, seal your space, and wear an N95 if you must go out. *Your breath is sacred.*



Dr. Barry Lavallee
CEO - Keewatinohk Inniniw
Minoayawin Inc.

Wildfire smoke affects everyone, especially Elders, children, and those with chronic health issues. Even when the fire feels far away, the smoke can travel for hundreds of kilometers and still impact your health. Here are some simple, effective ways to reduce the harm and stay safe:

- **Stay indoors and close windows, doors, and vents when air quality is poor.**
- **If you need to go outside, wear an N95 mask**
- **Limit physical activity outdoors during smokey days.**
- **Check local air quality updates through government alerts or trusted sources.**