

Public Service Announcement

Reminder: Wildfire smoke in Nunavut communities

Start Date: June 3, 2024

End Date: September 30, 2024

Nunavut-wide

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The Department of Health would like to remind Nunavummiut that communities across Canada regularly experience wildfire smoke even when there are no fires nearby. This is expected to continue as Canada's changing climate provides ideal conditions for more frequent wildfires and longer wildfire seasons. In addition to the location of the fires, other factors such as wind direction and speed can influence which communities experience wildfire smoke. These conditions can also change quickly.

There are no current air quality issues in Nunavut, however, when smoke is present, exposure can irritate your eyes, make breathing more difficult, and worsen chronic heart and lung diseases. People at risk of more health impacts include Elders, pregnant people, children, and people with pre-existing respiratory and heart conditions.

You can reduce your exposure to smoke by avoiding strenuous outdoor activities and staying indoors with windows and doors closed when smoke is present.

You can protect your indoor air quality by doing the following:

- Keep your windows and doors closed. If available or needed, fans can help with staying cool.
- Use a freestanding indoor air filter if available.
- Do not add to indoor pollution by burning candles or other products.
- Limit use of exhaust fans when not cooking.

Anyone experiencing a change with more serious symptoms such as chest pain or shortness of breath should go to their local health centre immediately.

For more information about the [Air Quality Health Index](#), visit the Government of Canada's website.

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Media Contact:

Pam Coulter
A/Manager of Communications
Department of Health
867-975-5949
Pcoulter@gov.nu.ca

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