BREATHE

Extreme Heat Resources

FORT NELSON

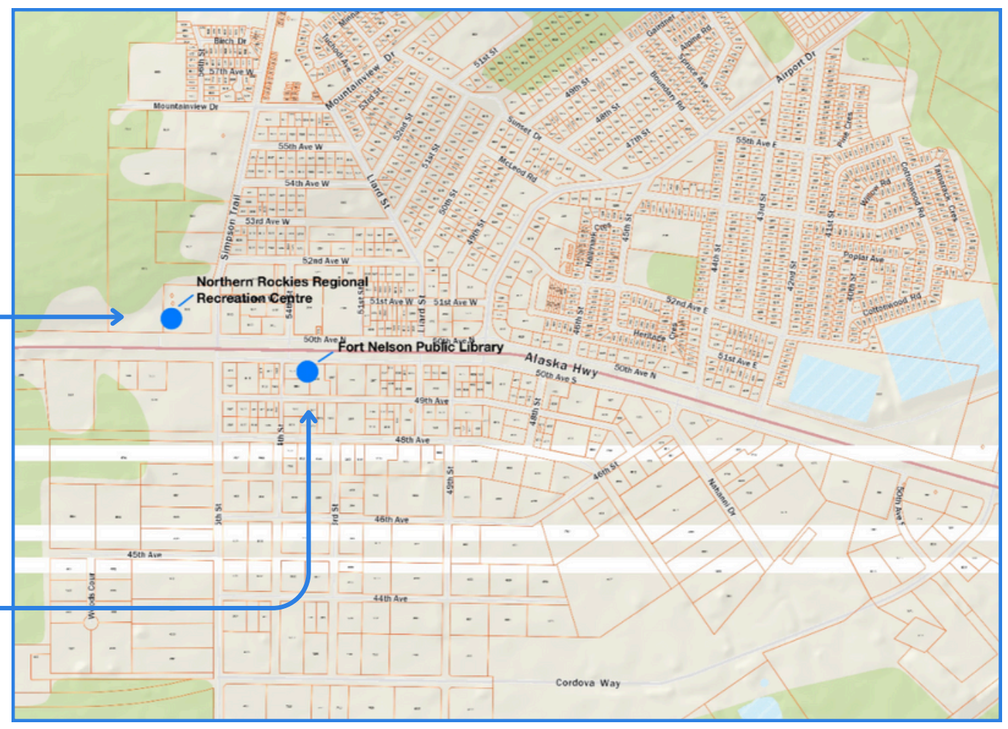
PUBLIC AIR CONDITIONED SPACES

Northern Rockies Regional Recreation Centre
5500 Alaska Highway, Fort Nelson

6:15am - 9:00pm Monday-Sunday

Fort Nelson Public Library
5319 50th Ave S A2, Fort Nelson

10am - 4pm Monday, Friday
11am - 8pm Tuesday-Thursday
12pm - 4pm Saturday
Closed Sunday



EXTREME HEAT TIPS

Fort Nelson is experiencing higher annual summer temperatures and hotter days because of climate change. It is incredibly important for people to understand the risks of extreme heat and how to stay safe.

Some ways to protect yourself in extreme heat include:

- Use window coverings or thermal curtains in your home
- Install exterior covers or reflective films outside of your windows
- Install a window mounted air conditioner
- Plan to go to a cooling centre or public air conditioned space during extreme heat events
- Check in with people who may be at risk or live alone

Northern Health Authority Resources on Extreme Heat

- Heat Warnings vs. Extreme Heat Emergencies
- BC Hydro Air Conditioner Program
- How to Prepare for Extreme Heat

www.northernhealth.ca/health-topics/extreme-heat-and-heat-warnings

British Columbia Centre for Disease Control (BC CDC)

- Knowing the Signs of Heat Illness
- Understanding Heat Events
- Who is More at Risk from Heat Events

www.bccdc.ca/health-info/prevention-public-health/preparing-for-heat-events

BREATHE

Air Quality Information

FORT NELSON

WHERE TO FIND AIR QUALITY INFORMATION

Air Quality Health Index
env.gov.bc.ca/epd/bcairquality/data/aqhi-table.html

Air Quality Readings from Monitors
env.gov.bc.ca/epd/bcairquality/readings/find-stations-map

Purple Air
map.purpleair.com

Government Air Quality Alerts for Fort Nelson
weather.gc.ca/warnings

HOW TO STAY ACTIVE & BUSY DURING POOR AIR QUALITY

Northern Rockies Regional Recreational Centre	Aquatic Centre Indoor arenas, walking track, climbing wall, squash/racquetball court, curling	northernrockies.ca/en/explore-and-play
Fort Nelson Public Library	Indoor activities	fortnelson.bc.libraries.coop

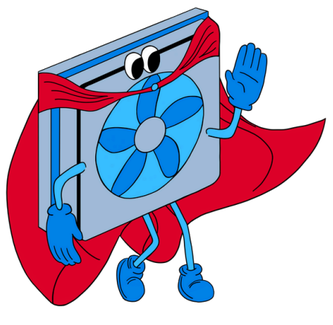
WILDFIRE PREPAREDNESS

Get FireSmart

Northern Rockies Regional Municipality Wildfire Preparedness

Fire Smoke Forecast

FIRESMOKE.CA



air-cleaners@sfu.ca

bclung.ca/diyaircleaners

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