

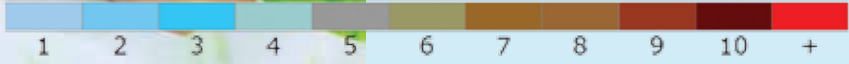


AQHI OR AIR QUALITY HEALTH INDEX IS A NEW WAY TO COMMUNICATE THE LEVEL OF HEALTH RISK FROM AIR POLLUTION ON A SCALE OF 1 TO 10.

IN ADDITION TO MONITORING YOUR DAY AND NIGHT SYMPTOMS, RESCUE MEDICATION USE AND EXERCISE TOLERANCE, CHECKING THE AIR QUALITY HEALTH INDEX (AQHI) ON A REGULAR BASIS WILL HELP YOU STAY HEALTHY AND IN PEAK CONDITION.

WHAT IS NEW IN ASTHMA MANAGEMENT?

AQHI SCALE



AIR QUALITY HEALTH INDEX AND ASTHMA

WHY IS THE AQHI IMPORTANT?

The AQHI is an important tool that helps you plan a healthy day as even modest increases in air pollution can cause exacerbations of chronic respiratory diseases, including asthma.

The AQHI helps you understand your response to different pollution levels so you can best determine when to enjoy the benefits of outdoor physical activity and when to reduce or reschedule your activity.

WHERE CAN I FIND MY LOCAL AQHI READINGS?

You can find your local AQHI readings through the Weather Network, and by visiting www.airhealth.ca (click on “Your Local AQHI Conditions”).



Asthma.ca™

Asthma Society of Canada

For your asthma and allergy questions
please call 1-866-787-4050 or email info@asthma.ca



KEY MESSAGE

FOLLOW THESE 5 EASY STEPS:

1. DETERMINE YOUR ASTHMA TRIGGERS
2. KNOW YOUR AQHI NUMBER TO DETERMINE EFFECTS OF AIR POLLUTION ON YOUR ASTHMA
3. CHECK THE AQHI REGULARLY
4. MODIFY YOUR OUTDOOR ACTIVITY IF REQUIRED
5. AVOID HIGH TRAFFIC AREAS WHEN EXERCISING OUTDOORS

WHERE DO I FIND ADDITIONAL INFORMATION?

THE ASTHMA SOCIETY OF CANADA OFFERS ADDITIONAL INFORMATION ON ASTHMA AND THE AQHI. IT IS EASY TO STAY INFORMED AND IN CHARGE OF YOUR ASTHMA.

FOR MORE INFORMATION, PLEASE VISIT THE ASTHMA SOCIETY'S AQHI WEBSITE AT: WWW.ASTHMA.CA/AQHI