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RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK
NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES

PUBLIC NOTICE

SMOKE ALERT IN NUNAVIK

Kuujjuaq, June 30, 2023. Forest fires are taking place in Quebec. Smoke plumes, pushed by the winds, can be seen in some communities. A smell of smoke can be detected. As of **June 30th**, smoke from wildfires affects air quality for the following communities. The predictions extend into Sunday and could continue.

Kuujjuuarapik	Inukjuaq	Quaqtaq	Tasiujaq
Umiujaq	Salluit	Kangiqsujuaq	Kuujjuaq
Puvirnituq	Ivujuvik	Aupaluk	Kangiqsualujjuaq

Protect your health:

- Close the doors and windows of his residence;
- Limit outdoor air intake by turning off its air exchanger if necessary;
- Limit outdoor and strenuous physical activity as much as possible.
- Make sure that your isolated, sick, or very elderly loved ones also avoid exposure to the outside air;
- Drink plenty of water. This helps your body cope with smoke.
- The best way to guard against the negative effects of poor air quality is to stay indoors. If you have to go outside for an extended period of time, wearing an N95 mask can help. You can get them at your CLSC.

The effects that could be felt when exposed to smoke are:

- tingling eyes and watery eyes
- runny nose and sinus irritation
- sore throat and mild cough
- a headache.

The following symptoms are less common, but more severe.

- shortness of breath
- wheezing (including asthma attacks)
- severe cough
- dizziness
- chest pain
- heart palpitations.

If you are worried about yourself or someone close to you, call 811. In case of emergency, go to the CLSC.

Source: Department of Public Health, NRBHSS

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