

## SMOKE WARNING IN COMMUNITIES OF NUNAVIK PROTECT YOUR HEALTH

**Kuujuuaq, June 9, 2023** - Plumes of smoke from forest fires are being observed in some Nunavik communities. Due to wind conditions, residents of affected communities may smell smoke even more strongly. Smoke plumes will peak in affected communities at the following times:

Kuujuaraapik: Friday, June 9, until 10 p.m.

Umiujaq: Friday, June 9, until 10 p.m.

Aupaluk: during the night of Friday, June 9, to Saturday, June 10, from 10 p.m. to 8 a.m.

Tasiujaq: during the night of Friday, June 9, to Saturday, June 10, from 10 p.m. to 8 a.m.

The risk of the fire spreading has been deemed **high** by the *SOPFEU*, which is monitoring the situation, along side the local authorities. The quantity of fine particulates in the air is increasing; these particulates, once inhaled, make their way into the lungs and the bloodstream. This phenomenon may have a more marked impact on certain people.

The Nunavik Regional Board of Health and Social Services (NRBHSS) is also closely monitoring the situation in regard with the risk for the health.

### PROTECT YOUR HEALTH

- Remain indoors as much as possible and keep all of your windows shut.
- Limit outdoor activities and intense physical activities as much as possible.
- If you have difficulty breathing, reduce the intensity of the activity you are engaged in or cease it altogether.
- Drink lots of water to help your body fight off the effects of the smoke.

**During periods when the smoke is heavier than usual, all Nunavimmiut are at risk, regardless of age or health condition.**

At home, limit indoor sources of pollution by avoiding to:

- smoke;
- vacuum;
- burn incense or lighting candles;
- use a wood stove.



# PUBLIC NOTICE

## Prevent the outside air from entering your home:

- keep your windows and doors closed (unless it is too hot to do so);
- put your air exchange system on recirculate;
- avoid using your range hood (except when cooking).

## **Check the condition of the people for whom you are responsible or who live nearby and could be increasingly vulnerable.**

### The persons who are most at risk in the presence of smoke are:

- young children;
- pregnant women;
- the elderly;
- persons who suffer from pulmonary disorders (e.g., asthma, emphysema, chronic bronchitis) or cardiac diseases;
- people who practice an intense sport or have a strenuous outdoor job.

## **Be aware of the impacts of smoke on health.**

### A person exposed to smoke could develop:

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

### The symptoms below are less common, but more serious.

Should you or a loved one present with one of these more serious symptoms, please contact your CLSC:

- shortness of breath
- wheezing (including asthma attacks)
- Severe cough
- dizziness
- chest pains
- heart palpitations

Information adapted from Wildfire smoke, air quality and your health, Government of Canada. <https://www.canada.ca/en/environment-climate-change/services/air-quality-health-index/wildfire-smoke.html>

In addition to these recommendations, employers and workers are invited to follow the measures presented by the CNESST (in French only) :

<https://www.cnesst.gouv.qc.ca/fr/salle-presse/communiqués/incendies-foret-panaches-fumee>



# PUBLIC NOTICE

*The Nunavik Regional Board of Health and Social Services is a public agency created in 1978 under the James Bay and Northern Quebec Agreement. It is responsible for nearly the entire Quebec territory located north of the 55<sup>th</sup> parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

**Source:** Nunavik Regional Board of Health and Social Services

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