



**DONATE A MASK
CANADA**

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How Can You Protect Against Wildfire Smoke?

When forests and grasslands burn, the smoke can be carried far away to cities and towns. Smoke can be a major source of air pollution for people in Canada. Air pollution contains fine particles that are too small to see - but they're not good for you.

When the air gets smoky, there's a lot your family can do!

POWER UP AGAINST FOREST FIRES BY CHOOSING ONE OR ALL OF THESE PROTECTORS:



Protector 1: Know your smoke forecast

We can't always easily see or smell when our air is unhealthy. Your family can check the Air Quality Health Index (AQHI) online. It will show if wildfire smoke levels are high where you live. If they're higher than a 3, power up your other protectors!



Protector 2: N95 masks

Wearing a well-fitted n95 mask helps protect your lungs against smoke. (A cloth mask won't work against air pollution, but they're great for stuffed animals who want to power up too!)



Protector 3: Closed doors and windows

Shut down smoky air by closing your windows and doors, and keeping good air inside with you.



Protector 4: Air purifiers

Air purifiers suck up smoky air and breathe out clean air for you. And they look like cute little robots!

BONUS Protector:

Take care of our forests!
The best way to stop smoky air is to protect Canada's grasslands and forests.



You can do this in lots of ways - one nice way is to take your grown-ups for a walk in the forest so that they can see why forests are important. Another way is to volunteer with a youth environmental club.



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ART SHOWCASE

**Open to Canadian residents 18 years old or younger*

Draw a picture of you using as many power-ups as you like against smoky air!

We'd love to see what you come up with using crayons, markers, paints, photos or AI.

Submissions accepted
June 21-July 21 2024

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