

# AQHI | AIR QUALITY HEALTH INDEX

## Air Quality Health Index or AQHI

HIGHER AQHI NUMBER → GREATER HEALTH RISK → PROTECT YOUR HEALTH

The AQHI is particularly useful for people who are sensitive to air pollution such as people with lung or heart conditions, young children and older adults.



Know your number ahead of time and plan the best time to be active outdoors.

### Learn your number:

-  1. Check the AQHI before you go outside
-  2. Take note of the AQHI number when you start to notice you may be affected by air quality.
-  3. Use the AQHI forecast to plan your activities



Download the AQHI CANADA APP

Visit [airhealth.ca](http://airhealth.ca) to find the current air quality rating for your area.

BREATHE  
the lung association

Canada

York Region

Know your number. Protect your breath.