



Yellowknife Education District No. 1
Commission scolaire publique n°1 de Yellowknife

Phone/Tél (867) 766-5050

Fax/ Téléc (867) 873-5051

09/18/2023

Re: Yellowknife Air Quality Issues

Good afternoon Yellowknife Families, Parents and Students,

Due to the ongoing issues with air quality in our city, YK1 has made the decision to set an Air Quality Index of 6 and Below for any school based prolonged outdoor activities.

We know that many students and staff are susceptible to changing air quality conditions and that the air quality challenges are exasperated by prolonged exposure.

We are hopeful that these issues around air quality dissipate soon but in the interim will use the above stated guideline.

We are pleased to be back in session and have all of our sites up and running but want to ensure the continued health and safety of all with the things we have some control over.

My best!

Jameel Aziz
Superintendent/CEO YK1 School District.

Email/Courriel info@yk1.nt.ca

WildFire Smoke, Air Quality, and your Health

Who is most at risk from wildfire smoke?

Some people are at higher risk of health problems when exposed to wildfire smoke.

This includes:

- seniors
- pregnant people
- people who smoke
- infants and young children
- people who work outdoors
- people involved in strenuous outdoor exercise
- people with an existing illness or chronic health conditions, such as:
 - cancer
 - diabetes
 - lung or heart conditions

During heavy smoke conditions, everyone is at risk regardless of their age or health.

Symptoms

Milder and more common symptoms of smoke exposure include:

- headache
- a mild cough
- production of phlegm
- sore and watery eyes
- nose, throat and sinus irritation

you can typically manage the symptoms without medical intervention.

more serious but less common symptoms of smoke exposure include:

- dizziness
- chest pain
- severe cough
- shortness of breath
- wheezing (including asthma attack)
- heart palpitations (irregular heartbeat)

if you have any of these symptoms, talk to a healthcare provider or seek urgent medical attention

Source:

<https://www.canada.ca/en/environment-climate-change/services/air-quality-health-index/wildfire-smoke.html#toc1>

Air Quality health index Messages

Health Risk	Air Quality Health Index	Health Messages	
		At Risk Population*	General Population
Low Risk	1-3	Enjoy your usual outdoor activities.	Ideal air quality for outdoor activities.
Moderate Risk	4-6	Consider reducing or rescheduling strenuous activities outdoors if you are experiencing symptoms.	No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.
High Risk	7-10	Reduce or reschedule strenuous activities outdoors. Children and the elderly should also take it easy.	Consider reducing or rescheduling strenuous activities outdoors if you experience symptoms such as coughing and throat irritation.
Very High Risk	Above 10	Avoid strenuous activities outdoors. Children and the elderly should also avoid outdoor physical exertion.	Reduce or reschedule strenuous activities outdoors, especially if you experience symptoms such as coughing and throat irritation.

Source: https://weather.gc.ca/airquality/healthmessage_e.html