



Nordiq Alberta Air Quality Training Guidelines

The [Air Quality Health Index \(AQHI\)](#) is normalized across Canada and gives a number from 1 to 10+ to demonstrate the degree of wellbeing hazard related to nearby air quality. The index depicts the degree of wellbeing hazard related to this number as 'low', 'moderate', 'high' or 'very high', and proposes steps that can be undertaken to decrease exposure. The higher the AQHI number, the greater the potential health risk and need to take precautions.

Each individual reacts differently to air pollution. The AQHI provides specific advice for people who are at risk to the effects of air pollution as well as for the general public.

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

For more information, visit <https://www.alberta.ca/about-the-air-quality-health-index>.