

**For health care settings, childcare facilities and other related environments** (educational childcare service centres, day camps and vacation camps, schools, group sports settings, including during training sessions, private residences for seniors, CHSLD)

PM <sub>2.5</sub> (µg/m <sup>3</sup> ) (1h)	Air quality	Outdoor activities	Indoor environment
0-30	Good	Carry out usual outdoor activities <sup>1</sup> .	Maintain the daily routine.
30-60	Unhealthy for persons who are increasingly at risk	Consider limiting or postponing planned outdoor activities that could leave persons short of breath for those who are increasingly at risk or are experiencing symptoms.	Close the windows and doors leading outside, as long as this does not result in uncomfortable temperatures (excess heat is usually more detrimental to human health than poor air).
60-100	Unhealthy for the entire population	Postpone outdoor activities or plan some that are less likely to result in shortness of breath.	<i>Follow the instructions below if you have any of the devices noted:</i> <ul style="list-style-type: none"> <li>• Portable air conditioner, window-sill air conditioner or heat pump: continue to run these devices, as they do not allow air from outside to enter.</li> <li>• Air exchange system: turn it off or put it in recirculation mode.</li> <li>• Air filtration device: turn it on in the room(s) where people spend the most time.</li> <li>• Central ventilation system (mechanical): decrease the intake of outdoor air as much as possible (unless the system is equipped with a MERV 13 filter or higher), but without shutting off the system.</li> </ul>
100-250	Very unhealthy for the entire population	Postpone outdoor activities or hold them indoors. Favour activities that are calming rather than intense.	
Over 250	Hazardous	Plan indoor activities.	

<sup>1</sup> Certain increasingly vulnerable persons, particularly those with pulmonary issues, can experience symptoms at concentrations inferior to 30 µg/m<sup>3</sup>, therefore vigilance is of the utmost importance.

This information and these communications will likely change, based on scientific knowledge. They are currently applicable to the 2025 season.