



Air quality warning in effect for Kamloops

November 4, 2025

The Ministry of Environment and Parks in collaboration with the Interior Health Authority has issued an Air Quality Warning for Kamloops due to elevated ground level ozone.

Exposure to ground level ozone is particularly a concern for infants, older adults, individuals with chronic conditions (such as asthma, COPD, heart disease, and diabetes) or respiratory infections, and those who are pregnant. Persons with chronic underlying medical conditions or acute infections should postpone or reduce strenuous exercise until the warning is ended. Anyone experiencing symptoms such as continuing eye or throat irritation, chest discomfort, shortness of breath, cough or wheezing, should follow the advice of their health care provider. Staying indoors helps to reduce exposure.

Current conditions are expected to persist until weather conditions change and/or local emissions are reduced.

The next update will be on November 05, 2025 and posted to the province's [Air Quality Warnings webpage](#).

Visit the provincial [air quality data webpage](#) for real-time observations.

Actions you can take

As air contaminant levels increase, health risks increase. Consider reducing or rescheduling outdoor sports, activities and events.

People more likely to be negatively impacted by outdoor air pollution should reduce or reschedule strenuous activities outdoors or seek medical attention if experiencing symptoms. This includes people aged 65 and older, pregnant individuals, infants and

young children, people with an existing illness or chronic health condition such as chronic obstructive pulmonary disease (COPD), heart disease and diabetes, and people who work outdoors.

Follow your common sense

- Stop or reduce your activity level if breathing becomes uncomfortable or you feel unwell.
- Always carry any rescue medications with you.
- Make sure that children and others who cannot care for themselves follow the same advice.

Monitor your symptoms

- Different people have different responses to elevated levels of air contaminants.
- Mild irritation and discomfort such as eye, nose and throat irritation, headaches or a mild cough are common, and usually disappear when the air contaminants return to typical levels.
- More serious but less common symptoms include wheezing, chest pains or severe cough.
- People with asthma or other chronic illness should follow any personal care plans designed with their family physicians.
- If you are unsure whether you need medical care, call HealthLink BC at 8-1-1.
- If you are experiencing difficulty in breathing, chest pain or discomfort, or a severe cough, contact your physician, walk-in clinic, or emergency department. If you are having a medical emergency, call 9-1-1.

Tips to reduce your exposure to air pollution

- Air contaminant levels may be lower indoors but will still be elevated, so stay aware of your symptoms even when you are indoors.
- When indoors, keep windows and doors closed as much as possible.

Mandatory emission reduction actions

- Facilities with air discharge authorizations under the Environmental Management Act are required to follow trigger actions within their permit related to Air Quality Warnings and are encouraged to reduce any other emissions where possible.

Voluntary emission reduction actions

- Fuel your vehicle in the cooler evening hours or after dark.
- Reduce or reschedule using other gasoline and diesel equipment, such as lawn mowers, trimmers and leaf blowers.

More information

Ground-level ozone is formed when chemicals (such as nitrogen oxides and volatile organic compounds) react in the air when there is sunlight. Nitrogen oxides are emitted from vehicles, boilers, building heating, and other combustion processes. VOCs are emitted from burning fossil fuels, evaporation of solvents (including paint, varnishes and thinners), refining and storing fuel and agricultural activities. VOCs also come from natural sources such as vegetation.

The highest concentrations of ground-level ozone usually happen between mid-afternoon and early evening on summer days.

The provincial air quality objectives for ozone is an eight-hour objective of 62 parts per billion (ppb) and a one-hour average of 82 ppb for air quality warnings. Air quality warnings for ground-level ozone may be issued when current concentrations exceed or are expected to exceed either of these objectives.

The 8-hour average ozone concentration and 1-hour maximum concentration (within the past 8 hours) are summarized below for Kamloops and nearest monitored communities at 11:00 AM local time today:

| Community | Kamloops | Quesnel | Williams Lake |
|------------------------|----------|---------|---------------|
| 8-hr average (ppb) | 1.0 | 1.9 | 4.4 |
| Max. within 8 hr (ppb) | 2.9 | 4.4 | 12.8 |

For general information about air quality in British Columbia:

- Visit the provincial [air quality data webpage](#) for real-time observations.
- View the latest [Air Quality Health Index \(AQHI\) and forecast](#)
- Visit the provincial [air quality map](#) to view real-time air quality measurements
- [Metro Vancouver's Air Quality Data and Warnings](#)

Contact information

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