



## Air quality warning in effect for wildfire smoke

### October 31, 2025

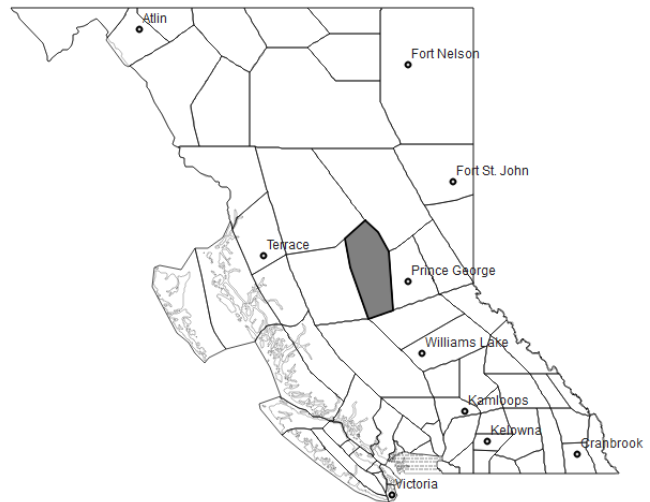
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The Regions of BC highlighted on the map are being impacted or are likely to be impacted by wildfire smoke over the next 24-48 hours.

During a wildfire, smoke conditions can change quickly over short distances and can vary considerably hour-by-hour.

Monitor the situation for any wildfires near your area at [EmergencyInfoBC](#). Follow all emergency announcements relevant to your location.

The next update will be available on November 01, 2025 and made available on the Province's [Air Quality Warnings webpage](#).



### Actions you can take

As smoke levels increase, health risks increase. Limit time outdoors. 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

Descriptions of the affected region(s) are provided at the end of this document. This Air Quality Warning excludes the area managed by Metro Vancouver. For air quality notifications issued by Metro Vancouver refer to Metro Vancouver's [air quality data and warnings page](#).

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

## **During smoky conditions**

- Stop or reduce your activity level if breathing becomes uncomfortable or you feel unwell.
- Stay cool and drink plenty of fluids.
- Carry any rescue medications with you at all times.
- Make sure that children and others who cannot care for themselves follow the same advice.
- Different people have different responses to smoke.
- Mild irritation and discomfort such as eye, nose and throat irritation, headaches or a mild cough are common, and usually disappear when the smoke clears.
- 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.
- Smoke 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.
- When there is an extreme heat event occurring with poor air quality, prioritize keeping cool.
- Protect your indoor air from wildfire smoke. Actions can include using a clean, good quality air filter in your ventilation system and/or a certified portable air cleaner that can filter fine particles.

- If you must spend time outdoors, a well-constructed, well-fitting and properly worn respirator type mask (such as a NIOSH-certified N95 or equivalent respirator) can reduce your exposure to the fine particles in the smoke. Even though exposure may be reduced, there can still be risks to health.
- Check on others who are in your care or live nearby who may be more likely to be impacted by wildfire smoke.
- Always follow guidance from local authorities.

## More information

### **For additional general information about wildfire smoke and air quality:**

Air quality notifications issued by Metro Vancouver

- Visit Metro Vancouver's [air quality data and warnings page](#)

Air quality data

- View the latest [Air Quality Health Index \(AQHI\) and forecast](#)
- Visit the provincial [air quality map](#) to view real-time air quality measurements

Wildfire smoke forecasts

- Environment and Climate Change Canada smoke forecasts - [FireWork](#)
- BlueSky Canada smoke forecasts - [FireSmoke Canada](#)

### **For additional general information about wildfire smoke and your health:**

BC Centre for Disease Control

- Wildfire smoke and its health impacts - [Fact sheet](#)

Provincial Health Authorities

- First Nations Health Authority - [Wildfire smoke health information](#)

HealthLink BC

- Learn about and prepare for wildfires - [Wildfires and your health resource](#)
- Phone 8-1-1 for 24/7 health advice

Worksafe BC

- Working outdoors during smoky conditions - [Wildfires smoke FAQ](#)

## Contact

### **Media questions regarding air quality conditions related to this Air Quality Warning:**

Gail Roth  
Senior Air Quality Meteorologist  
Ministry of Environment and Parks  
250-645-9358

### **Media questions regarding health implications of wildfire smoke:**

First Nations Health Authority  
Environmental Public Health Services or Main FNHA Line: 604-693-6500  
After Hours: 1-844-666-0711  
Email: [Ephs.afterhours@fnha.ca](mailto:Ephs.afterhours@fnha.ca)  
Media line: 604-831-4898

Northern Health Authority  
Media Line: 1-877-961-7724

## Regions included under this Air Quality Warning

- **Stuart - Nechako:** includes Fraser Lake, Fort Fraser, Vanderhoof, Fort St James, and Tachie.