



Renfrew County and District Health Unit
"Optimal Health for All in Renfrew County and District"

For Immediate Release

(Pembroke, Ontario, July 14, 2026)

Yellow Level Warning- Air Quality Alert Issued by Environment Canada

Environment Canada has issued a **Yellow-Level Air Quality Alert** for Renfrew County and District due to smoke from ongoing wildfires. Poor air quality and reduced visibility are being reported, and conditions may persist into Thursday in some areas.

Health Advisory:

Renfrew County and District Health Unit (RCDHU) reminds residents that wildfire smoke can affect everyone's health, but some people are at greater risk, including:

- Older adults
- Pregnant individuals
- Infants and young children
- People who work outdoors
- Individuals participating in strenuous outdoor activities
- People with chronic health conditions, especially heart or lung disease

The best way to protect your health is to **reduce your exposure to wildfire smoke**.

How to Reduce Your Exposure:

Residents are encouraged to take the following precautions:

- Limit outdoor activities and postpone strenuous exercise until air quality improves.
- Keep windows and doors closed when indoor temperatures are comfortable.
- Set your HVAC system to the recirculate setting to help prevent smoke from entering your home.
- Ensure ventilation systems are equipped with clean, high-quality air filters.
- Use a HEPA-filter air purifier to help remove smoke particles from indoor air.
- Spend time in air-conditioned public spaces such as community centres, libraries, and shopping malls, which often have filtered air.
- Drink plenty of water to help your body cope with smoky conditions.

Symptoms of Smoke Exposure:

Mild symptoms can often be managed at home and may include:

- Headaches
- Mild cough
- Runny nose

- Increased phlegm production
- Eye, nose, and throat irritation

More serious symptoms may include:

- Dizziness
- Chest pain
- Severe cough
- Shortness of breath
- Wheezing or asthma attacks
- Heart palpitations (irregular heartbeat)

If you experience any of these serious symptoms, contact your healthcare provider or seek medical attention immediately.

Stay Informed:

For additional information on protecting yourself during poor air quality events, visit: [Emergency Preparedness](#).

To stay up to date on current air quality conditions, visit:

- **Environment Canada Weather Information:** [Weather Information - Environment Canada](#)
- **AQMap (PM2.5 Air Quality Monitoring):** [AQmap](#)

Residents are encouraged to monitor local conditions regularly and follow all public health guidance.

For more information visit www.rcdhu.com or call 613-732-3629 or 1-800-267-1097.

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