Air quality (AQHI) and UV index quick card

What each Air Quality Health Index and UV index level means and what Environment and Climate Change Canada suggests doing, with a log of your own outdoor plans.

NAME _____ DATE _____

AIR QUALITY HEALTH INDEX

AQHI level (ECCC)	Most people	People at risk
Low risk 1-3		
Moderate 4-6		
High 7-10		
Very high 10+		

Low: enjoy usual outdoor activities. Moderate: people at risk consider reducing strenuous activity if they have symptoms. High: people at risk reduce or reschedule strenuous activity. Very high: everyone reduces it; people at risk avoid it. Write your own plan in the boxes.

UV INDEX

UV index level (ECCC)	What I'll do
Low 0-2	
Moderate 3-5	
High 6-7	
Very high 8-10	
Extreme 11+	

SUN KIT

- [ ] SPF 30 or higher, broad spectrum and water resistant
- [ ] Reapply every 2 hours or after swimming or sweating
- [ ] Hat and UV-protective sunglasses
- [ ] Shade between 11 a.m. and 3 p.m.

MY LOG

Date	AQHI	UV	Plan (run, walk, stay in)

Air quality (AQHI) and UV index quick card (continued)

Date	AQHI	UV	Plan (run, walk, stay in)

SOURCES (CHECKED 2026-11-27)

Environment and Climate Change Canada's AQHI runs from 1 to 10+: low risk 1 to 3, moderate 4 to 6, high 7 to 10 and very high 10+, with recommendations for the general population and for people at risk (children, people over 65 and people with health conditions). https://www.canada.ca/en/environment-climate-change/services/air-quality-health-index/about.html (checked 2026-11-27)
ECCC groups the UV index into Low (0-2), Moderate (3-5), High (6-7), Very High (8-10) and Extreme (11+), and says UV risk in Canada is highest from 11 a.m. to 3 p.m. and from April to September. https://www.canada.ca/en/environment-climate-change/services/weather-health/uv-index-sun-safety.html (checked 2026-11-27)
ECCC says to use sunscreen labelled broad spectrum and water resistant with an SPF of at least 30, and to reapply every 2 hours. https://www.canada.ca/en/environment-climate-change/services/weather-health/uv-index-sun-safety.html (checked 2026-11-27)