

# Air Quality and Pollution

## Understanding clean air

### **Air quality can be measured**

There is a scale called the Air Quality Health Index (AQHI) that helps us understand if air is clean or dirty and how that affects our health. Watch these videos and then do an activity to learn about AQHI

### **What you need**

- Computer
- Speakers
- Internet

### **What are you breathing today? Video**

Watch this video to learn about the Air Quality Health Index from Health Canada.

What AQHI is, and how to understand it.

[Video>>](#)



### **The Science of Air Pollution**

Environment Canada has put together some resources and posters about air pollution. Learn about the different gases, and impacts on the environment and human health

[Go to Environment Canada website>>](#)

### **Air Quality and Weather Videos**

These three videos from Environment Canada talk about how weather can affect air pollution.

“An upside down morning” - Thermal Inversions

[Video>>](#)

“A view on smog” - Topography

[Video>>](#)

“Far-reaching smog” - Long-range pollution

[Video>>](#)



An Upside-down Morning