

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>>](#)

