



# SEE AIR QUALITY IN A WHOLE NEW LIGHT

**Know when to take it easy.** The new Air Quality Health Index relates air quality to your health on a simple scale from 1 to 10. The higher the number, the higher the risk.

Protect your health. Know the numbers. Visit [www.airhealth.ca](http://www.airhealth.ca)

Learn how you can make a difference by reducing home energy and vehicle use by 20%. Visit [toronto.ca/health/2020](http://toronto.ca/health/2020)