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NEWS RELEASE

For Immediate Release

Action Steps for 'Orange Warning – Air Quality' due to wildfire smoke Wednesday, July 15, 2026

Point Edward, ON - Lambton Public Health is encouraging residents to take precautions following an 'Orange Warning – Air Quality' issued for Sarnia-Lambton by the Ministry of the Environment, Conservation and Parks and Environment and Climate Change Canada. This warning is issued when the Air Quality Health Index (AQHI) is forecast to reach, or has reached, the 'very high-risk' category (AQHI of 10 or higher) due to wildfire smoke. Air quality is expected to deteriorate later today as smoke from wildfires in northwestern Ontario moves into the area. Poor air quality may persist into Friday.

Certain groups are more likely to experience negative health effects from poor air quality. These include children, older adults, pregnant individuals, Indigenous people, people with chronic health conditions, people who smoke, people who are experiencing poverty, and those who work outdoors.

For these at-risk populations, it is recommended that they avoid strenuous outdoor activities. For the general population, it is recommended that they reduce or reschedule strenuous outdoor activities, especially if they experience symptoms such as coughing and throat irritation. Anyone experiencing medical symptoms should contact their health care professional.

All residents are encouraged to stay up to date by monitoring the Air Quality Health Index (AQHI) and change activities based on the AQHI table. Hourly updates on AQHI and guidance are available by checking [Air Quality Ontario](https://www.airqualityontario.ca). Environment and Climate Change Canada have also developed the [WeatherCAN app](https://www.weathercan.ca/app) with AQHI notifications.

Additional tips to protect your health during poor air quality include:

- Drink plenty of fluids, especially water.
- Keep windows and doors closed as much as possible when indoors. During extreme heat events, occurring with poor air quality, prioritize keeping cool.
- Protect your indoor air from wildfire smoke. Actions can include using a clean, good quality air filter in your ventilation system and/or a certified portable air purifier that can filter fine particles.
- Check in on others who are in your care or live nearby and may be more vulnerable to the effects of wildfire smoke.

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- Take care of your mental health. It is not unusual to feel anxious or stressed during poor air quality events. Local mental health supports are available online at [Age-Friendly Sarnia-Lambton](#).

LPH will continue to monitor the situation and provide updates as necessary.

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Please contact:

LPH-media-inquiries@county-lambton.on.ca

Related resources:

Climate Change Dashboard

<https://lambtonpublichealth.ca/climate-change-dashboard/>