



Air Quality Notice Residents of Spences Bridge and Merritt

July 22, 2026

Cook's Ferry Indian Band members living on reserve in Spences Bridge and Merritt are advised that a Yellow Air Quality Warning is currently in effect due to wildfire smoke impacting regions across British Columbia. Members are encouraged to monitor local air quality conditions and follow public health recommendations as conditions may change quickly.

Who May Be Most Affected?

The following groups may be more sensitive to wildfire smoke and poor air quality:

- Elders and seniors
- Infants and young children
- Pregnant people
- Individuals with asthma, COPD, or other respiratory conditions
- Individuals with heart disease or other chronic health concerns

How to Protect Yourself

During periods of reduced air quality, members are encouraged to:

- Limit strenuous outdoor activities when smoke is visible or air quality worsens.
- Keep windows and doors closed when possible.
- Use air conditioning on recirculation mode if available.
- Use a portable air cleaner with a HEPA filter if available.
- Stay hydrated and monitor for any respiratory symptoms.
- Consider wearing a well-fitted N95 respirator when spending time outdoors in smoky conditions.

When to Seek Medical Attention

Seek immediate medical care if you or a family member experience:

- Difficulty breathing
- Severe shortness of breath
- Chest pain
- Worsening asthma symptoms
- Any other serious health concerns

Stay Informed

Air quality conditions can change quickly. Members are encouraged to stay informed through official sources:

- Subscribe to [BC Air Quality Subscription Service](#)
- View the [Environment and Climate Change Canada Public Weather Alerts](#)
- Check out [Metro Vancouver Air Quality Data and Warnings](#)

Please take steps to protect yourself, your family, and community members during this Yellow Air Quality Warning.

Your health and safety are important to us. Please take the necessary precautions to protect yourself and your family during periods of poor air quality.