

Stay healthy during **WILDFIRE SEASON**

If your area is affected by wildfire **SMOKE**

Stay informed on air quality



Check local air quality reports.



Listen to the radio for health warnings.

Follow your doctor's directions



If you have a heart or lung condition, smoke might make your symptoms worse.

Dial 911 for emergency assistance if symptoms are serious.

Avoid outdoor physical activities



Especially when the air quality is in the "Unhealthy, Very Unhealthy, or Hazardous" categories.

Keep windows & doors closed



Run AC, set it to re-circulate and close the fresh-air intake.

If it is too hot to keep windows and doors closed, and you don't have AC, consider leaving the area.