



Wildfire Smoke

Do you know what to do?

- Limit your exposure to wildfire smoke.
- Reduce the amount of time spent outdoors. This can usually provide some protection, especially in a tightly closed, air-conditioned house. Set your A/C to recycle or recirculate, when at home or in your car, to limit your exposure.
- Reduce the amount of time engaged in vigorous outdoor activity. This can be an important and effective way to lower the amount of smoke you are breathing in and can minimize health risks during a smoke event.
- Stay hydrated by drinking plenty of water.
- Reduce other sources of indoor air pollution such as burning cigarettes, candles, gas, propane and wood burning stoves and furnaces, and vacuuming.
- Check current air quality conditions.
Visit <http://valleyair.org> for current air quality information.
- Individuals with heart and lung disease or other respiratory illnesses such as asthma should follow their health care provider's advice about prevention and treatment of symptoms.

