

# Smoke from fires can be dangerous for everyone

Take these steps to protect your health



## Stay informed on air quality



Visit WA Smoke Blog ([www.wasmoke.blogspot.com](http://www.wasmoke.blogspot.com)) for current air quality conditions and smoke forecasts.

Pay attention to local news for health warnings and air quality reports in your area.

## Avoid smoky air



**People with health conditions**, such as lung or heart diseases, diabetes, stroke survivors or have a cold, should limit their time outside, avoid intense physical activities and keep indoor air clean when smoke levels are “moderate.”

**Babies, children, people over 65, and pregnant women** should follow this advice when smoke levels are “unhealthy for sensitive groups.”

**Everyone** else should do this when smoke levels are “unhealthy for everyone.”

## Keep indoor air clean



Close windows and doors, pay attention to the heat, and stay hydrated.

Use fans or air conditioner (AC) when it's hot, and set your AC to recirculate. If you don't have an AC and it's too hot to stay home, go to a place with AC like a mall or library.

Don't smoke, use candles, or vacuum.

Use an air cleaner with a HEPA filter.

## Contact your healthcare provider



If you have heart or lung diseases and your symptoms get worse around smoke, contact your healthcare provider. **Call 911 if you or someone else has serious symptoms**—like trouble breathing.

[www.doh.wa.gov/SmokeFromFires](http://www.doh.wa.gov/SmokeFromFires)