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ACTIONS TO PROTECT HEALTH ON POOR AIR QUALITY DAYS

POOR AIR QUALITY CAN RESULT FROM PRESENCE
OF PARTICULATE MATTER DUE TO WILDFIRES



SENSITIVE POPULATIONS (WHICH INCLUDES THE ELDERLY, INFANTS AND YOUNG CHILDREN, PEOPLE WITH LUNG DISEASES SUCH AS ASTHMA, CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD), EMPHYSEMA OR CHRONIC BRONCHITIS) SHOULD REMAIN INDOORS

INDIVIDUALS WITH ASTHMA: POOR AIR QUALITY MAY TRIGGER ASTHMA ATTACKS
INDIVIDUALS WITH RESPIRATORY DISEASES: FOLLOW PHYSICIAN'S RECOMMENDATIONS AND RESPIRATORY MANAGEMENT PLAN.

PEOPLE IN GENERAL SHOULD AVOID STRENUOUS ACTIVITIES AND LIMIT THE AMOUNT OF TIME THEY ARE ACTIVE OUTDOORS

FOR PEOPLE WHO WORK OUTDOORS OR NEED TO BE OUTSIDE:

TAKE MORE BREAKS INDOORS IF POSSIBLE

SHORTEN THE LENGTH AND INTENSITY OF ANY PHYSICAL ACTIVITY

THE MOST EFFECTIVE WAY TO PREVENT BREATHING HARMFUL PARTICLES FROM WILDFIRE SMOKE IS TO STAY INDOORS WITH WINDOWS AND DOORS CLOSED

IF AN AIR CONDITIONER IS AVAILABLE, RUN IT WHILE KEEPING THE FRESH-AIR INTAKE CLOSED AND THE FILTER CLEAN TO PREVENT OUTDOOR SMOKE FROM GETTING INSIDE

WHEN OUTDOOR QUALITY IS POOR, DO NOT USE CANDLES AND FIREPLACES WHICH COULD ADD TO INDOOR AIR POLLUTION. DO NOT VACUUM, BECAUSE VACUUMING STIRS UP PARTICLES ALREADY INSIDE YOUR HOME. DO NOT SMOKE TOBACCO OR OTHER PRODUCTS, BECAUSE SMOKING PUTS EVEN MORE POLLUTION INTO THE AIR.

LIMIT OUTDOOR ACTIVITY FOR PETS

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