

When there's
**SMOKE
OUTSIDE**
do you know
what to do?

Quick Tips

Stay hydrated: Drink plenty of water.

Stay indoors: Lessen the time you spend outside, and avoid vigorous outdoor exercise.

Close windows and doors: Use a HEPA air purifier or air conditioner on recirculate with MERV 13 filter.

Listen to your body: If you experience health symptoms call your health provider or 911.

If you must go outside: Wearing a NIOSH-approved and properly fitted mask may offer some protection.

ADDITIONAL RESOURCES

Check air quality:
www.deq.state.or.us/aqi

EPA's Smoke Sense app:
Add app for android and iOS

Smoke and health page:
smokewiseashland.org

This brochure was developed in partnership with the following organizations:



**Ashland
Forest
Resiliency**
STEWARDSHIP PROJECT



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Who is most at risk?

Children, older adults, pregnant or nursing mothers and those with pre-existing respiratory ailments are at the greatest risk. **Smoke-sensitive groups should take added precautions early.**

Limit exposure: When smoke levels are high, even healthy people may have symptoms or health problems. **Lessen the amount of time spent in smoky areas and stay indoors, with filtered air.**

Limit children's outdoor activities: Their airways are smaller and they breathe more air per pound of body weight. If possible children should stay indoors.

If you have asthma or a heart condition: Follow your physician's advice.

Listen to your body and contact your health care provider or call 911 if you are experiencing health symptoms.



AIR QUALITY INDEX

Air Quality Index (AQI) Values	Levels of Health Concern
0 to 50	Good
51-100	Moderate
101-150	Unhealthy for Sensitive Groups
151-200	Unhealthy
201-300	Very Unhealthy
301 to 500	Hazardous

Check air quality at: www.deq.state.or.us/aqi

Limit your exposure

To reduce the chances of having health effects, the best thing to do is limit your exposure.

Lessen time spent outdoors: Stay inside with windows and doors shut. Set air conditioning to recirculate.

Avoid vigorous outdoor activity: Decrease the amount of smoke you're breathing by changing daily exercise routines.

If you're unable to limit your exposure to smoke when air quality is poor, the use of an approved and properly fitted mask* may offer some protection.

Common Indoor Air Pollutants



Indoor air quality

Reduce indoor pollutants: Vacuuming, cooking, burning candles and smoking add to indoor air pollution.

Air conditioning and filters: Run air conditioning on recirculate with a MERV 13 or equivalent filter in place. If no A/C, then run furnace fan with heat off using a MERV 13 filter.

Indoor air purifiers: For added protection use a HEPA air purifier sized to the room. Purifiers can be purchased at a local hardware store or online.

**NIOSH N-95 mask or higher, properly fitted*