

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 an air conditioner on recirculate with a MERV 13 filter.

LISTEN TO YOUR BODY. Call your health provider or 911 if you experience adverse health symptoms.

WEAR A NIOSH N-95 MASK. Make sure it properly fits your face.

ADDITIONAL RESOURCES

Airnow.gov

EPA Smoke Sense app

OregonAir app

oregonsmoke.blogspot.com

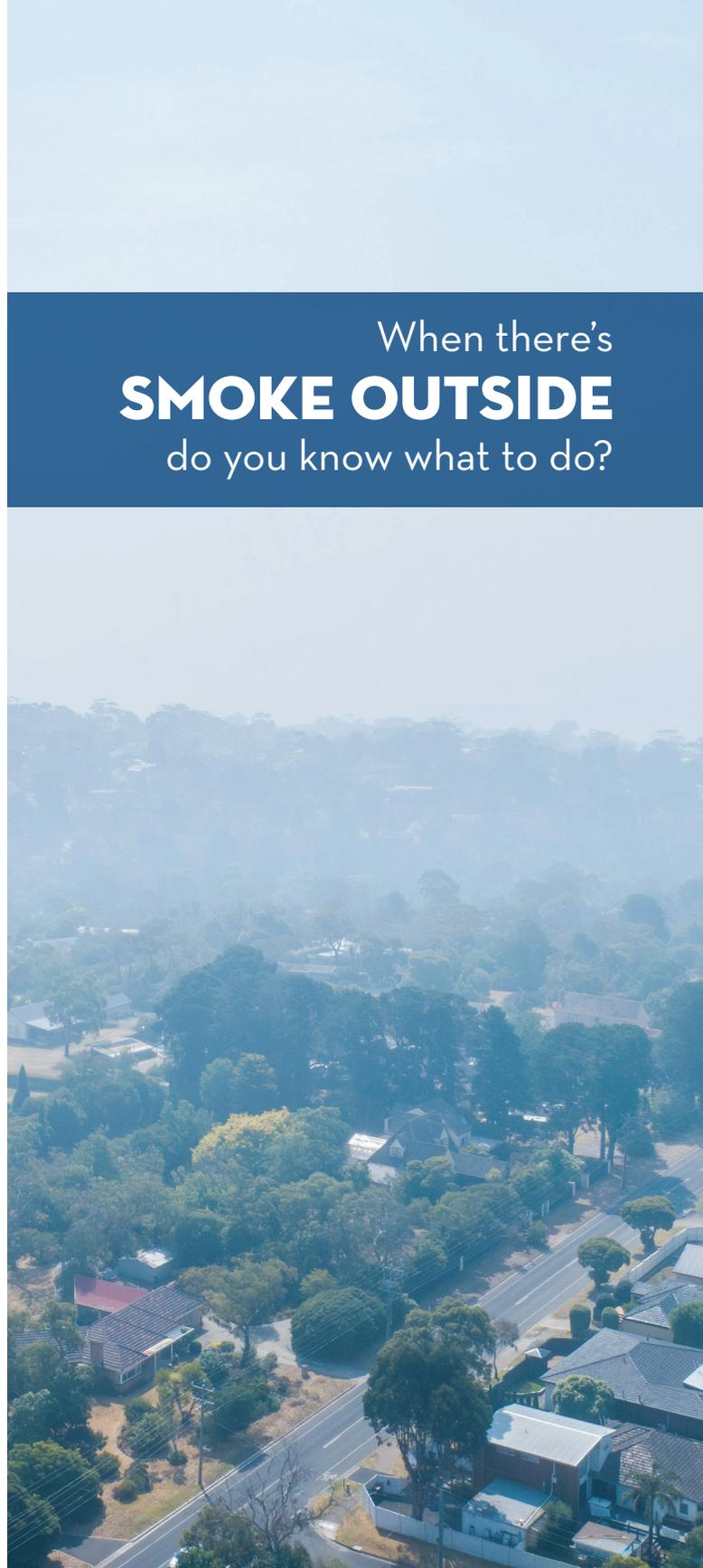
Smokewiseashland.org

This brochure was developed in partnership with the following organizations:



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



Protect yourself from wildfire smoke

Southern Oregon commonly experiences wildfire smoke during the summer. Smoke from wildfires can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases.

- Check the air quality index (AQI) frequently at airnow.gov.
- Lessen the amount of time spent in smoky areas and stay indoors with filtered air.
- Listen to your body and contact your health care provider or call 911 if you are experiencing adverse health symptoms.
- If you have asthma or a heart condition, follow your primary care provider's advice.

Improve indoor air quality

Avoid activities that increase indoor pollution.

Burning candles, smoking, vacuuming and cooking reduce indoor air quality.

Common Indoor Air Pollutants

Airborne particles from diesel exhaust, dust, smoke and other sources	Indoor formaldehyde from building materials, furniture, cooking, and smoking	Household odors & gases from activities such as painting, cooking, and smoking	Ozone from outdoor air (ground level ozone is harmful to breathe)	Carbon Dioxide from people exhaling and cooking
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Clean the air. Use a freestanding HEPA air purifier properly sized for the room.

Keep indoor air as clean as possible. Close windows and doors and check the seals.

Run your air conditioner with proper filtration.

Consult an HVAC specialist and run your air conditioner with the fresh-air intake closed using a MERV 13 filter or higher rating. Seek shelter elsewhere if you do not have adequate cooling and air filtration.

Who is at greatest risk?

When smoke levels are high, all of us are at risk from harmful particles. People who have heart and lung disease, like COPD or asthma, older adults, children and pregnant women should take precautions at lower AQI levels.

Limit your exposure

Change daily routines. Avoid vigorous outdoor activities. Bring daily exercise routines inside.

Limit outdoor activities. Everyone should take precautions based on the AQI levels and stay indoors with filtered air.

Wear a respirator. Choose a NIOSH approved respirator marked with an N, R or P along with the numbers 95, 99 or 100. Ensure a proper fit and protective seal around the face. Cloth or paper masks do not catch harmful particles. If you have a health condition, consult your primary care provider before wearing a respirator.



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