

Wildfire smoke can harm persons in multiple ways. Smoke can hurt the eyes, irritate the respiratory system, and worsen chronic heart and lung diseases. Please review the Centers for Disease Control and Prevention's (CDC) Wildfire Smoke fact sheet at <http://www.cdc.gov/disasters/wildfires/smoke.html> noting the following tips that can help limit a person's exposure to smoke:

- \* Pay attention to local air quality reports. When a wildfire occurs in your area, watch for news or health warnings about smoke. Pay attention to public health messages and take extra safety measures such as avoiding spending time outdoors.

- \* If you are told to stay indoors, stay indoors and keep your indoor air as clean as possible. Keep windows and doors closed. Run an air conditioner if you have one, but keep the fresh-air intake closed and the filter clean to prevent outdoor smoke from getting inside. Seek shelter elsewhere if you do not have an air conditioner and it is too warm to stay inside with the windows closed.

- \* Do not add to indoor pollution. When smoke levels are high, do not use anything that burns, such as candles and fireplaces. 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.

- \* Follow your doctor's advice about medicines and about your respiratory management plan if you have asthma or another lung disease. Call your doctor if your symptoms worsen.

- \* Do not rely on dust masks for protection. Paper "comfort" or "dust" masks commonly found at hardware stores trap large particles, such as sawdust. These masks will not protect your lungs from smoke. An "N95" mask, properly worn, will offer some protection. If you decide to keep a mask on hand, see the Respirator Fact Sheet < Caution-<http://www.cdc.gov/niosh/docs/2003-144/> > provided by CDC's National Institute for Occupational Safety and Health.

- \* Avoid smoke exposure during outdoor recreation. Wildfires and prescribed burns-fires that are set on purpose to manage land-can create smoky conditions. Before you travel to a park or forest, check to see if any wildfires are happening or if any prescribed burns are planned.