







FACT SHEET

Hazy, smoky air: Do you know what to do?

- Limit your exposure to wildfire smoke.
- Reduce time spent outdoors.

This can usually provide some protection, especially in a tightly closed, air-conditioned house. Set your A/C to recycle or recirculate, when at home or in your car, to limit your exposure.

- Reduce time you engage in vigorous outdoor activity.
 It can be an important, effective way to lower the amount of smoke you are breathing in. It can minimize health risks during a smoke event.
- Stay hydrated. Drink plenty of water.
- Reduce other sources of indoor smoke and dust.
 These can be burning cigarettes, candles, gas, propane and wood burning stoves and furnaces, and vacuuming.
- Check current air quality conditions.

 Go to http://oregonsmoke.blogspot.com/ to find the current air quality.
- If you have heart or lung disease or respiratory illnesses such as asthma, follow your health care provider's advice about prevention and treatment of symptoms.



PUBLIC HEALTH DIVISION
Health Security, Preparedness and Response

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OHA website: http://public.health.oregon.gov/Preparedness/Prepare/Pages/PrepareForWildfire.aspx

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