IT’S SMOKY OUTSIDE!
Take steps to protect your health

STAY INSIDE
Avoid going outdoors if you...

- Are pregnant
- Elderly
- Have an infant or young child
- Have asthma, breathing issues, or heart diseases
- If you must go outside, consider a N95 mask

PROTECT INDOOR AIR

- Close and seal windows and doors
- Avoid using products like hair spray and paint
- Set car vents to re-circulate
- Use an air purifier with a HEPA filter

http://www.acphd.org/phep/wildfire-resources.aspx