

PROTECT YOURSELF FROM SMOKE

STAY INDOORS, AVOID OUTDOOR ACTIVITIES, MONITOR AIR QUALITY

Follow these safety recommendations.



Drink plenty of water



Keep windows closed



Set air condition in your home to "recirculate"



When smoke levels are high, do not use anything that burns



Stay tuned to local radio and TV for emergency air quality alerts



Drive with the windows and up and air condition on "recirculate"



Call your medical provider if you have symptoms: coughing, wheezing, chest pain, nausea

Check the air quality at www.airnow.gov. Know when it's safe to go outside.

Air Quality Index Levels of Health Concern	Recommendations
Good (0 to 50)	No health impacts expected
Moderate (51 to 100)	Unusually sensitive people should consider limiting prolonged outdoor exertion
Unhealthy for Sensitive Groups (101 to 150)	Stay indoors if you: <ul style="list-style-type: none"> • are pregnant • are an infant or young child • are elderly • have asthma or other breathing issues or heart disease • are bothered by smoke
Unhealthy (151 to 200)	Everyone, especially children, should limit prolonged outdoor activities.
Very Unhealthy (201 to 300)	Everyone, especially children, should limit prolonged outdoor activities.

California State Department of Public Health's N95 Masks Statement:

Anyone with lung or heart disease or who is chronically ill should check with their health care provider before using any mask. Using respirator masks can make it harder to breathe, which may make existing medical conditions worse. The extra effort it takes to breathe through a respirator mask can make it uncomfortable to use them for very long. These masks should be used mostly by people who have to go outdoors. Respirator masks shouldn't be used on young children – they don't seal well enough to provide protection. They also don't seal well on people with beards.