

Protect Yourself from Wildfire Smoke

The air we breathe is important to all of us, especially those with respiratory illnesses. Take care of yourself and your family by understanding what steps to take during wildfire season.

- **Protect yourself!** It is important to limit your exposure to smoke, especially if you may be in the sensitive health group.
- Call your Health Care Provider if you are experiencing health related symptoms like shortness of breath, uncontrolled coughing, sneezing, choking, and or chest discomfort.
- Stay indoors as much as possible. Keep doors and windows closed.
- Wash or change filters on air conditioners and/or furnaces frequently. Also, use the recycle mode on your air conditioner in your home and car.
- If you don't have indoor air conditioning and temperatures are extreme, make arrangements to stay with someone until circumstances in the weather change.
- Do not run or engage in heavy work/ exercise when smoke is present. Cancel outdoor events (e.g., sports activities)
- If you must be outdoors when smoke is present, a mask may be helpful.
- If you have a heart or lung condition, make sure you have at least a five day supply of your medications.
- Keep airways moist by drinking plenty of water. Breathing through a warm, wet washcloth can also relieve dryness.

Sensitive Groups Include:

- + Infants
- + Children
- + Pregnant Women
- + Elderly

Those with chronic diseases like:

- + Asthma
- + Emphysema
- + Bronchitis
- + Heart Disease
- + Diabetes

VISIT THESE WEBSITES FOR ADDITIONAL INFORMATION

<http://www.deq.idaho.gov/air/aqindex.cfm>
<http://www.nezperce.org/~nimiiipu/>
http://www.nezperce.org/content/programs/air_quality.htm
<http://www.ncdhd.us>

