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/](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.