Reduce health risks in areas with wildfire smoke:

Follow these tips, especially if someone in your family (including you!) has heart or breathing problems, is an older adult or child, or is pregnant.

**DO**
- Stay inside
- Pay attention to local advisories and check air quality (airnow.gov)
- Set car A/C on recirculate (to keep smoke out)
- Keep a supply of medicine and non-perishable food
- Use a well-fitted N95 or P100 respirator if you go outside when it is smoky
- Prepare to evacuate if smoke levels get too high

<table>
<thead>
<tr>
<th>KEEP AIR CLEAN</th>
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<td>Close windows and doors. Close fresh intake on A/C units. If your home is too warm, try to stay with friends or relatives.</td>
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**DON’T**
- X Play or exercise outdoors
- X Fry or broil foods, which can add particles to indoor air
- X Use a fireplace, gas logs or gas stove
- X Smoke indoors
- X Vacuum, it can stir up dust