



# Hazy, smoky air:

## *Do you know what to do?*

- **Limit your exposure to wildfire smoke.**
- **Reduce the amount of 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 the amount of time engaged in vigorous outdoor activity.** This can be an important and effective way to lower the amount of smoke you are breathing in and can minimize health risks during a smoke event.
- **Stay hydrated by drinking plenty of water.**
- **Reduce other sources of indoor air pollution** such as burning cigarettes, candles, gas, propane and wood burning stoves and furnaces, and vacuuming.
- **Check current air quality conditions.**  
Visit <http://oregonsmoke.blogspot.com/> for current air quality information.
- **Individuals with heart and lung disease** or other respiratory illnesses such as asthma should follow their health care provider's advice about prevention and treatment of symptoms.



PUBLIC HEALTH DIVISION  
Health Security, Preparedness and Response program