



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/> 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.