

BREATHE EASY

Protect Yourself from Wildland Fire Smoke

Did you know?

- Wildfires are on the rise nationally.
- Wildland fire smoke is harmful to your health.

Fine particles in the smoke penetrate deep into your body and can damage your lungs, heart, and other vital organs.

If you have heart or lung disease, you are at higher risk from smoke exposure. Young children and the elderly are especially at risk from smoke exposure.

Take these steps to get informed and protect yourself!

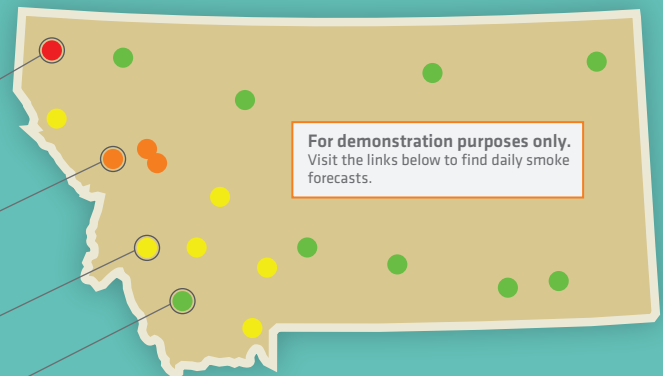
Know Your Air Quality Index (AQI)

| | | |
|---------|--------------------------------|--|
| 301-500 | Hazardous | Health warning! Everyone should avoid outdoor activities and reduce exposure to smoke even when indoors. |
| 201-300 | Very Unhealthy | Health alert! Avoid outdoor activities. If you must be outdoors, protect yourself! |
| 151-200 | Unhealthy | Everyone may experience adverse effects from smoke exposure. Protect yourself when you're outdoors. |
| 101-150 | Unhealthy for Sensitive Groups | Anyone with heart and lung disease may experience health effects from smoke exposure. Older adults and children should avoid exposure. |
| 51-100 | Moderate | If you are sensitive to air pollution, you may experience health effects from exposure. |
| 0-50 | Good | Air quality is Good! Go enjoy the outdoors. |

The AQI is an index for reporting daily air quality. It tells you how clean or polluted your air is and what associated health effects might be a concern for you.

Resource: <https://airnow.gov/index.cfm?action=aqibasics.aqi>

Know Your Daily Smoke Forecast



Find your smoke forecast:

AirNow Current Air Quality Index (EPA):
<https://airnow.gov>

Look for local forecasts from a state agency like a Department of Environmental Quality or a Department of Health.



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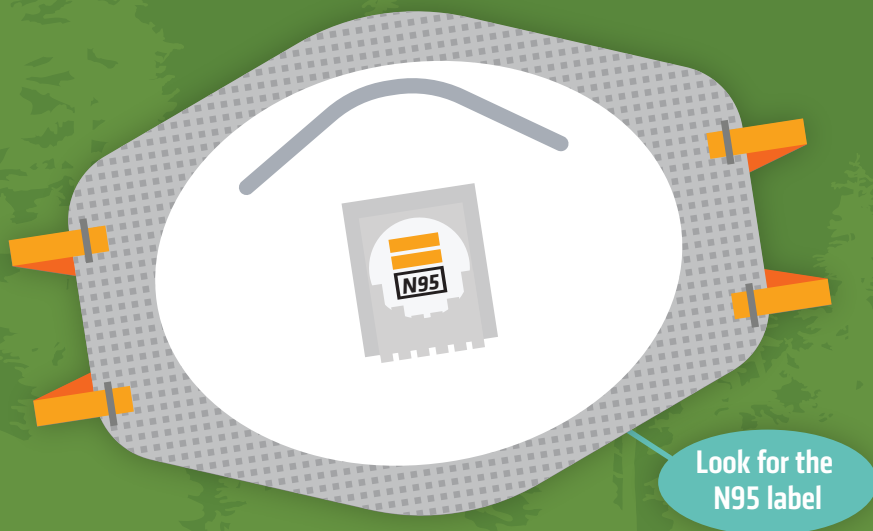
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The Mountain and Plains Education and Research Center Extension
Forestry, Montana State University



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Protecting Yourself from Wildland Fire Smoke

Protecting yourself from smoke while outdoors



- Purchase an N95 certified respirator
- Do not use a dust or surgical mask
- Get fit tested for proper fit

pull straps to eliminate gaps



squeeze metal nose clamp



Respirator fit testing resource:
<http://bit.ly/2Gxk6QE>

Protecting yourself from smoke while indoors



1

Purchase a HEPA-certified portable air cleaner for your bedroom. Avoid electrostatic air cleaners.

2

Install a high-efficiency filter in your home furnace/ac and run the unit continuously ("fan on" mode).

The filter should have a MERV rating of 13 or higher.

3

Replace your home air filters every month during fire season, especially if they are running continuously.

Filters become clogged and less effective with use.

4

Keep your windows closed. Use air conditioning or room fans to stay cool.

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