Wildfire Smoke can make you sick

- It can bother your eyes, nose, throat, and lungs and make you cough or wheeze.
- It can make it hard to breathe.
- It can give you headaches and health problems you already have can get worse.

Some people are more at risk from wildfire smoke and should be extra careful:

- Babies and young kids
- Elderly individuals
- Pregnant women
- People with heart problems
- People with chronic obstructive pulmonary disease (COPD) and asthma

Always seek medical help if you are worried about your symptoms.
Watch the Air Quality Index, or AQI, to see how safe the air is to breathe in your area.

![AQI Chart]

**PROTECT YOURSELF FROM WILDFIRE SMOKE**

Stay indoors!

Shut the windows; if you have an air conditioner or portable air cleaner, use them with a HEPA filter.

Don't exercise outside.

Wear a well-fitting N95 mask outdoors.

Keep inhalers, oxygen, and prescriptions stocked all the time.

VISIT: [WWW.AIRNOW.GOV](http://www.airnow.gov) TO LEARN MORE ABOUT THE AQI

VISIT: [WWW.CDC.GOV/AIR/WILDFIRE-SMOKE/DEFAULT.HTM](http://www.cdc.gov/air/wildfire-smoke/default.htm) TO LEARN MORE ABOUT HOW TO PROTECT YOURSELF FROM WILDFIRE SMOKE