

# Protect Yourself from Wildfire Smoke

*The air we breathe is important to all of us, especially sensitive groups. Take steps to protect yourself and your family during wildfire season.*

- Stay indoors as much as possible; it is important to limit your exposure to smoke. Keep doors and windows closed.
- Wash or change filters on air conditioners and furnaces frequently. Also, use the air conditioner's "recycle mode" in your home and car.
- Avoid heavy work or exercise outside. Cancel outdoor events like sport activities.
- Wear a mask if you must be outside.
- Make arrangements to stay with someone if temperatures are extreme and you do not have indoor air conditioning.
- Call your doctor if you are experiencing shortness of breath, uncontrolled coughing, sneezing, choking, and/ or chest discomfort.
- Have at least a five day supply of medications if you have a heart or lung condition.
- Drink plenty of water to keep airways moist. Breathing through a warm, wet washcloth can also relieve dryness.

## *Sensitive Groups Include:*

- Infants
- Children
- Pregnant Women
- Elderly

## **Those with chronic diseases such as:**

- Asthma
- Emphysema
- Bronchitis
- Heart Disease
- Diabetes

**SMOKE HOTLINE: 1-800-345-1007**  
For comments or complaints

### VISIT THESE WEBSITES FOR ADDITIONAL INFORMATION

- <http://www.deq.idaho.gov/air-quality/monitoring.aspx>
- <http://www.nimiipuhealth.org/>
- <http://www.nezperce.org/Official/Air%20Quality/airquality.htm>
- <http://www.idahopublichealth.com>



**Public Health**  
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