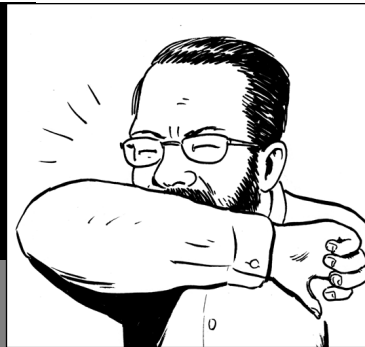# Smoke from fires can be dangerous for people with heart or lung diseases

Take these steps to protect your health

Stay informed on air quality

Visit WA Smoke Blog **(www.wasmoke.blogspot.com)** for current air quality conditions and smoke forecasts.

Pay attention to local news for health warnings and air quality reports in your area.

Avoid smoky air

Limit your time outside, avoid intense physical activities and keep indoor air clean when smoke levels are "moderate," unhealthy for sensitive groups," "unhealthy," "very unhealthy," and "hazardous."

Keep indoor air clean

Close windows and doors, pay attention to the heat, and stay hydrated.

Use fans or air conditioner (AC) when it's hot, and set your AC to recirculate. If you don't have an AC and it's too hot to stay home, go to a place with AC like a mall or library.

Don't smoke, use candles, or vacuum.

Use an air cleaner with a HEPA filter.

Contact your healthcare provider

If your symptoms get worse around smoke, contact your healthcare provider. **Call 911 if you or someone else has serious symptoms**—like trouble breathing.

www.doh.wa.gov/SmokeFromFires