

Smoke From Fires Can Affect Air Quality



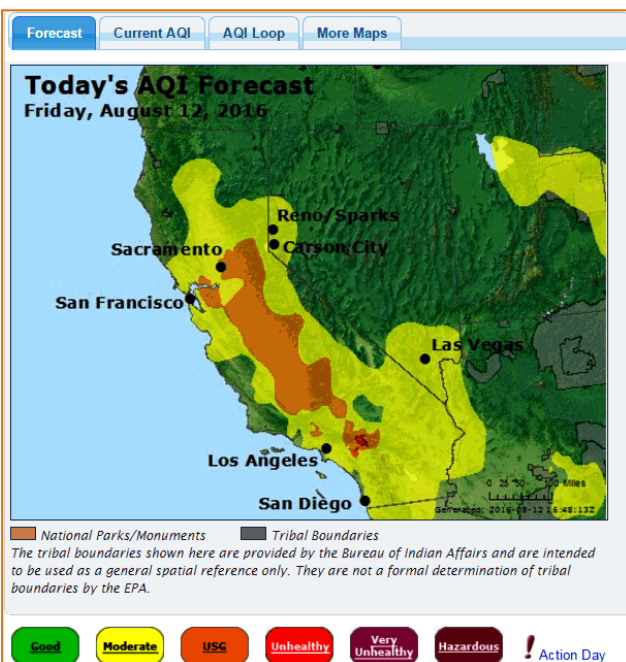
Smoke from wildfires can impact air quality. To protect yourself and your family consider these guidelines:

- *Pay attention to air quality reports and follow instructions about outdoor activities and safety measures.*
- *Elderly, children, pregnant women and those with lung and heart problems are most likely to be affected by smoke.*

Check current and forecasted air quality conditions at the Feather River Air Quality Management District (FRAQM) website located at:

www.fraqmd.org

Air quality index maps are available by clicking the [Current Air Quality](#) link.



Air Quality Map Courtesy of <http://airnow.gov>

• *If you smell or see smoke, restrict outdoor activities even if you are healthy.*

• *If you smell smoke, stay indoors with doors and windows closed as much as possible. If it is too hot, consider visiting the mall, library or a place with air conditioning.*

• *Run your air conditioner in your home and car when possible. Use the recycle or recirculate mode on the air conditioner. If you see heavy smoke, do not use a swamp cooler.*

• *Keep your indoor clean. Do not smoke, burn anything, or vacuum.*

• *Drink lots of water.*

• *Dust masks are not effective against wildfire smoke.*

• *If you have asthma or other lung diseases, make sure you follow your doctor's directions about taking your medication and follow your management plan. Call your doctor if your symptoms worsen.*

• *Call your doctor if you have a cough, shortness of breath, or other concerning symptoms.*