

Smoke is no joke!

Protect yourself from wildfire smoke.

Smoke from wildfires can create very unhealthy air, especially for people with respiratory conditions such as asthma or chronic obstructive pulmonary disease (COPD). Follow these basic precautions to stay healthy.



Air quality can change quickly. Use [AirNow.gov](https://www.airnow.gov) to monitor air quality in your local area.



If it's smoky, try to avoid outside activities. Stay indoors (as much as possible) with doors and windows closed.



Run your air conditioner if you have one, and keep the filter clean.



Use an N95 or P100 mask if you must go outside. Cloth and paper masks that help prevent the spread of COVID-19 will not protect you from smoke inhalation.



Keep children indoors.

People with respiratory conditions such as asthma and COPD should follow these additional precautions.



Use your long-term control medications as prescribed.



Use "quick relief" inhalers to help with shortness of breath.



Take your medications with you if you need to evacuate or spend substantial time away from your home.



Watch for symptoms, such as wheezing, chest tightness, shortness of breath, or difficulty breathing.

Call 911 if you think you are having an emergency.

