

Smoke from fires can be dangerous for pregnant people

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 “unhealthy for sensitive groups,” “unhealthy,” “very unhealthy,” and “hazardous.”

If you have a health condition, such as lung or heart diseases, diabetes, are a stroke survivor or have a cold, follow this advice when the smoke levels are “moderate.”

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 you have heart or lung diseases and 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