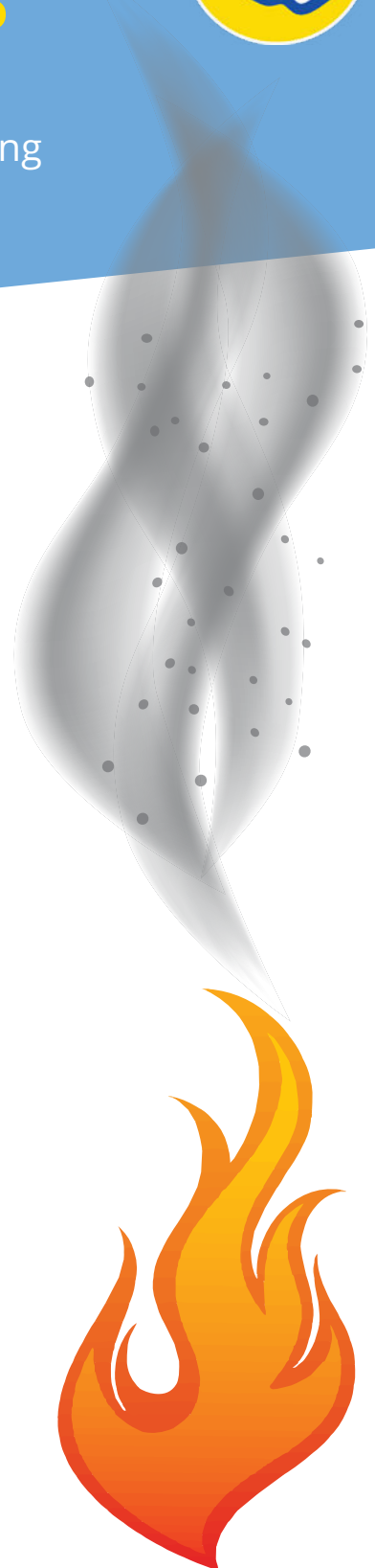


Protect Your Health During Smoke Events



During fire season in Central Oregon, it's important to protect your health from smoke exposure. The following list are things you can do to protect your health during periods of wildfire smoke:

- Limit your exposure to smoke.**
- Check the air quality index (AQI) daily** to plan your outdoor activities when AQI is at lower levels. Visit CentralOregonFire.org/smoke-air-quality/ for more information about air quality.
- Reduce the amount of time spent outdoors, if possible.**
- Avoid vigorous outdoor activity.**
- Stay hydrated and drink plenty of water.**
- Use over the counter tear drops to relieve eye irritation caused by particulate matter in the air.**
- Wear a properly fitted N-95 respirator indoors or outdoors to prevent lung irritation from large and small particulate matter (not gases).** Wet towels or bandanas will provide little protection from small particulate matter and gases. Visit CentralOregonFire.org/frequently-asked-questions for a video about properly fitting an N-95 respirator.
- If you must be outdoors, wear goggles in areas of high ash & dust to prevent eye irritation.**
- Visit CentralOregonFire.org for more information about fires in Central Oregon and protecting your health from smoke.**
- Dial "211" to find out where cleaner air centers are located during periods of elevated smoke.**
- Have an evacuation bag ready for leaving at a moment's notice.** Make sure to include a supply of any medications you might need.
- Implement your plan for protecting your health at each evacuation level.** Deschutes County evacuation levels can be found at CentralOregonFire.org/wildfire-smoke-air-quality-maps-2/



Visit CentralOregonFire.org for information about protecting your health this fire season.