

Smoky out? Stay safe indoors

Breathing wildfire smoke particles can damage your health. Limit exercise, keep children and pets inside, and help at-risk neighbors.

1. Check local air quality at AirNow.gov

- 5-day smoke forecasts: WAsmoke.blogspot.com

2. Stay indoors when air quality is:

- **Orange** (101-150 AQI): People with asthma or respiratory and heart conditions. Children and adults ages 65+ may be at risk
- **Red, purple, and maroon** (151 AQI and higher): **Everyone**

3. Watch for symptoms of smoke exposure

- Move someone inside if they have a headache, sore throat or nose, cough, burning eyes, dizziness, or wheezing
- Keep inhalers and medications ready
- Call 911 if someone has shortness of breath or chest pain

4. Improve indoor air quality on smoky days

- Close windows and doors, unless it gets too hot
- Move to a mall, library, or other air-conditioned building
- Set up a clean air room using a HEPA or DIY box fan filter

N95 masks offer protection for most people.
More info: KingCounty.gov/WildFireSmoke