

WHEN THE SMOKE RISES, SO DO MONTANA COMMUNITIES.



"Wildfires impact all aspects of our health. It is important we work to identify sustainable ways to protect our communities as wildfires continue to get worse." -Dr. Ethan Walker, Assistant Professor and Air Quality Researcher

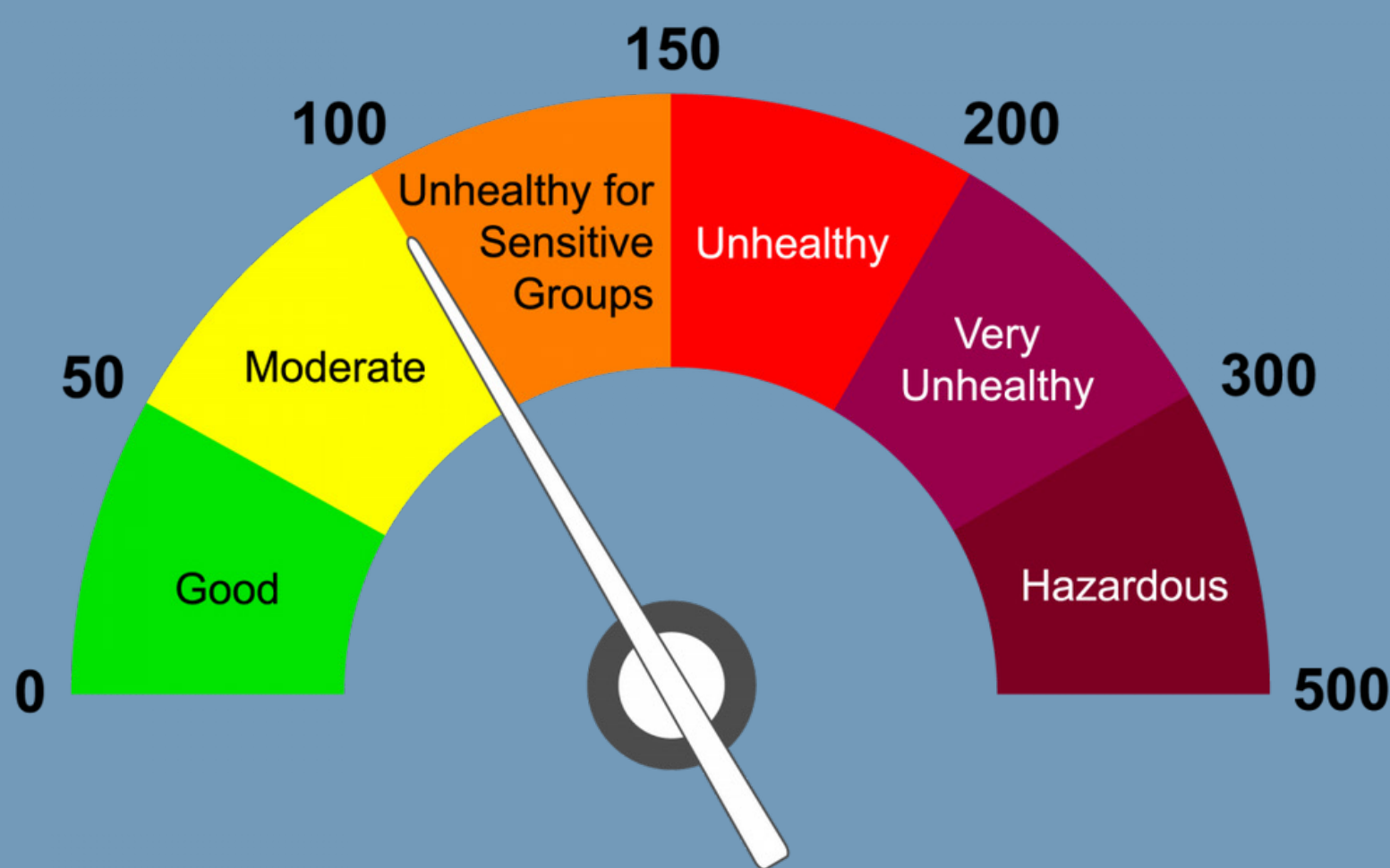
Wildfires and Health:

- Wildfires in the West are increasing in season duration, size, frequency and intensity.
- Wildfire smoke has negative health impacts from itchy eyes, fatigue, and difficulty breathing to increased risk of developing severe cardiovascular and respiratory illnesses.
- Children, the elderly, people who are immunocompromised, pregnant, disabled, and socioeconomically disadvantaged are more at risk of wildfire smoke exposure.



Steps to take based on Air Quality Index (AQI)

None
Unusually sensitive people should consider reducing prolonged or heavy exertion outdoors.
Active children and adults, and people with lung disease, such as asthma, should reduce prolonged or heavy exertion outdoors.



Active children and adults, and people with lung disease, such as asthma, should avoid prolonged or heavy exertion outdoors. Everyone else, especially children, should reduce prolonged or heavy exertion outdoors.
Active children and adults, and people with lung disease, such as asthma, should avoid all outdoor exertion. Everyone else, especially children, should avoid prolonged or heavy exertion outdoors.
Everyone should avoid all physical activity outdoors.

How to reduce health risks from wildfire smoke: Indoors Outdoors

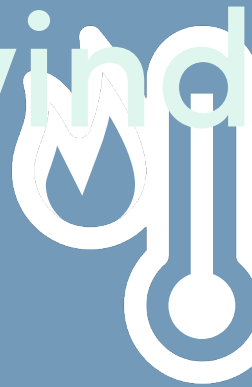
-Stay inside with windows closed. Use a portable air cleaner or a box fan filter if you have one.



-Reduce physical activity during smoky times.



-Seek shelter elsewhere if you do not have a well insulated house or air conditioner and it is too warm to stay inside with the windows closed.



-Do not add to air pollution. Avoid burning candles, cooking and vacuuming when air quality is bad.



-Check your air quality on airnow.gov or download the air now app.



-Use an N95 respirator as protection from smoke.



Find out more about wildfire smoke and health here.

