Did you know?

- Wildfires are on the rise nationally.
- Wildland fire smoke is harmful to your health.

Fine particles in the smoke penetrate deep into your body and can damage your lungs, heart, and other vital organs.

If you have heart or lung disease, you are at higher risk from smoke exposure. Young children and the elderly are especially at risk from smoke exposure.

Know Your Air Quality Index (AQI)

<table>
<thead>
<tr>
<th>AQI</th>
<th>Description</th>
<th>Health Implications</th>
</tr>
</thead>
<tbody>
<tr>
<td>301-500</td>
<td>Hazardous</td>
<td>Health warning! Everyone should avoid outdoor activities and reduce exposure to smoke even when indoors.</td>
</tr>
<tr>
<td>201-300</td>
<td>Very Unhealthy</td>
<td>Health alert! Avoid outdoor activities. If you must be outdoors, protect yourself!</td>
</tr>
<tr>
<td>151-200</td>
<td>Unhealthy</td>
<td>Everyone may experience adverse effects from smoke exposure. Protect yourself when you’re outdoors.</td>
</tr>
<tr>
<td>101-150</td>
<td>Unhealthy for Sensitive Groups</td>
<td>Anyone with heart and lung disease may experience health effects from smoke exposure. Older adults and children should avoid exposure.</td>
</tr>
<tr>
<td>51-100</td>
<td>Moderate</td>
<td>If you are sensitive to air pollution, you may experience health effects from exposure.</td>
</tr>
<tr>
<td>0-50</td>
<td>Good</td>
<td>Air quality is Good! Go enjoy the outdoors.</td>
</tr>
</tbody>
</table>

The AQI is an index for reporting daily air quality. It tells you how clean or polluted your air is and what associated health effects might be a concern for you. 

Resource: https://airnow.gov/index.cfm?action=aqibasics.aqi

Take these steps to get informed and protect yourself!

For Colorado’s air quality forecast:

AirNow Colorado Current Air Quality Index: https://bit.ly/2eMr0km

Colorado Department of Public Health & Environment: https://bit.ly/2wHWKPM

IN COLLABORATION WITH:

High Plains Intermountain Center for Agriculture Health and Safety

Partnership for Air Quality, Climate, and Health

School of Global Environmental Sustainability

The Mountain and Plains Education and Research Center

Extension Forestry, Montana State University
Protecting yourself from smoke while outdoors

- Purchase a HEPA-certified portable air cleaner for your bedroom. Avoid electrostatic air cleaners.
- Keep your windows closed.
- Use air conditioning or room fans to stay cool.
- Replace your home air filters every month during fire season, especially if they are running continuously.
- Install a high-efficiency filter in your home furnace/ac and run the unit continuously (“fan on” mode). The filter should have a MERV rating of 13 or higher.

Protecting yourself from smoke while indoors

1. Purchase an N95 certified respirator for your bedroom. Avoid a dust or surgical mask.
2. Do not use a dust or surgical mask.
3. Get fit tested for proper fit.
4. Pull straps to eliminate gaps and squeeze metal nose clamp.

Respirator fit testing resource in MT: https://bit.ly/2P93gYD

IN COLLABORATION WITH:
High Plains Intermountain Center for Agriculture Health and Safety
Partnership for Air Quality, Climate, and Health
School of Global Environmental Sustainability
The Mountain and Plains Education and Research Center
Extension Forestry, Montana State University