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>Score</th>
<th>Health Status</th>
<th>Description</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

Know Your Daily Smoke Forecast

Montana Department of Environmental Quality: https://bit.ly/2IHVPaD

AirNow Montana Current Air Quality Index: https://bit.ly/2jZUE8m

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 dust or surgical masks.
2. Get fit tested for proper fit.
3. Look for the N95 label.
4. Pull straps to eliminate gaps.
5. Squeeze metal nose clamp.

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