

Protect Yourself from Wildfire Smoke

- Stay indoors as much as possible. Keep doors and windows closed.
- Use the air conditioner's "recycle mode" in your home and car. Keep filters clean.
- Avoid exercise or heavy work outdoors.
- Cancel outdoor events and sports activities.
- Call 911 or your doctor if you have breathing or chest discomfort.
- Be Ready before the smoke:
www.epa.gov/smoke-ready-toolbox-wildfires

Sensitive Groups:

- Infants & Children
- Pregnant Women
- Elderly

People with chronic diseases:

- Asthma
- COPD
- Emphysema
- Bronchitis
- Heart Disease
- Diabetes

IDAHO SMOKE INFORMATION BLOG:
idsmoke.blogspot.com

SMOKE COMPLAINT HOTLINE: 1-800-345-1007

