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