# Smoky out? Stay safe indoors



Breathing wildfire smoke particles can damage your health. Limit exercise, keep children and pets inside, and help at-risk neighbors.

## 1. **Check local air quality** daily at PSCleanAir.org

- Find 5-day smoke forecasts at WAsmoke.blogspot.com

## 2. **Stay indoors** when air quality is:

- **Orange** (101-150 AQI): People with asthma or respiratory and heart conditions. Children and adults ages 65+ may be at risk
- **Red**, **purple**, and **maroon** (151 AQI and higher): **Everyone**

## 3. **Watch for symptoms** of smoke exposure

- Move someone inside if they have a headache, sore throat or nose, cough, burning eyes, dizziness, or wheezing
- Keep inhalers and medications ready
- Call 911 if someone has shortness of breath or chest pain

## 4. **Improve indoor air** quality on smoky days

- Close windows and doors, unless it becomes too hot
- Move to a mall, library, or other air-conditioned building
- Set up a clean air room using a HEPA or DIY box fan filter (instructions at the link below)

**More info: KingCounty.gov/WildFireSmoke**

**Public Health**
Seattle & King County