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 WA.smoke.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