

CATEGORIES WHEN SMOKE IS IN THE AIR

Good (can see 10 miles or more*) - *No cautionary statements.*

Moderate (can see 5-10 miles*) - *Unusually sensitive people should consider reducing prolonged or heavy exertion.*

Unhealthy for Sensitive Groups (can see 3-5 miles*) - *People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion.*

Unhealthy (can see 1½ -3 miles*) - *People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.*

Very Unhealthy (can see 1-1½ mile*) - *People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.*

Hazardous (can see 1 mile or less*) - *Everyone should avoid all physical activity outdoors; people with heart or lung disease, older adults, and children should remain indoors and keep activity levels low.*

* Face away from the sun and look for targets at known distances. Visible range is that point at which even high contrast objects totally disappear.

PROTECTING YOURSELF:

Use air conditioning in cars and homes (close fresh air intake)

Keep windows and doors closed if not too hot outdoors

Reduce indoor activities that generate dust (cooking, vacuuming, etc.)

Use an indoor humidifier for breathing relief

Follow your asthma management plan

SEEK MEDICAL TREATMENT if you experience uncontrolled coughing, wheezing, or choking, or if breathing difficulty does not subside indoors.