

Protect Yourself from Wildfire Smoke

The air we breath is important to all of us, especially sensitive groups. Take steps to protect yourself and your family during wildfire season.

- Stay indoors as much as possible; limit your exposure to smoke; keep doors and windows closed.
- Wash or change filters on air conditioners and furnaces frequently. Also, use the air conditioner's "recycle mode" in your home and car.
- Avoid heavy work or exercise outside. Cancel outdoor events like sports activities.
- Wear a mask if you must be outside.
- Make arrangements to stay with someone if temperatures are extreme and you do not have indoor air conditioning.
- Call your doctor if you are experiencing shortness of breath, uncontrolled coughing, sneezing, choking, and/or chest discomfort.
- Have at least a five day supply of medications if you have a heart or lung condition.
- Drink plenty of water to keep airways moist. Breathing through a warm, wet washcloth can also relieve dryness.

Sensitive Groups

Include:

- Infants
- Children
- Pregnant women
- Elderly
- Those with chronic diseases such as:
 - Asthma
 - Emphysema
 - Bronchitis
 - Heart Disease
 - Diabetes

VISIT THESE WEBSITES FOR ADDITIONAL INFORMATION

- <http://www.wrcc.dri.edu/cgi-bin/smoke.pl> - select "Smoke 24"
- <http://www.deq.mt.gov/default.mcp>
- <http://todaysair.mt.gov> - select "Seeley Lake"
- <http://www.dphhs.mt.gov>