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Newsletter



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Wildfire Smoke & Your Health

With a number of fires across Oregon and neighboring states, periods of wildfire smoke are almost inevitable this time of year.

So, what can you do to stay safe when the air quality is poor or even hazardous?

According to the Oregon Health Authority (OHA), the best thing you can do for your health is to **limit your exposure** to smoke.

Keep indoor air as clean as possible.

- Keep windows and doors closed.
- Use a high-efficiency particulate air (HEPA) filter or portable air purifier to reduce indoor air pollution.
- Avoid smoking tobacco, using wood-burning stoves or fireplaces, burning candles, incenses, or vacuuming.

Reduce the amount of time spent outdoors/in the smoky area.

- Avoid vigorous outdoor activities.
- If you must spend time outside when the air quality is hazardous N95 masks properly worn may offer some protection.

For more information about wildfire smoke and how to stay safe/reduce health effects, check out this handout from OHA or contact your PA:

<https://www.oregon.gov/oha/ph/Preparedness/Prepare/Documents/OHA%208626%20Wildfire%20FAQs-v6c.pdf>



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