Smoke From Fires

The Department of Health (DOH) reminds residents that smoke from fires is dangerous for everyone. It is important to take steps to protect yourself from smoke.

- Take steps to protect yourself from smoke:
  - Visit WA Smoke (www.wasmoke.blogspot.com) for information.
  - Call 800-525-0127 or email civil.rights@doh.wa.gov for assistance.
  - Check the WA Smoke blog for updates on smoke levels and health advisories.
  - Stay updated on the air quality in your area.
  - Use HEPA filters to clean the air.
  - Keep your air conditioning on when it's hot, and turn it off when you leave.
  - Turn off or cover your air conditioning if you have one at home.
  - Call 911 in an emergency.

- Avoid using air conditioners and fans in extreme heat.
  - Use air conditioners and fans in extreme heat.
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  - Call 911 in an emergency.

Smoke can cause serious health problems for those with chronic health conditions.

www.doh.wa.gov/SmokeFromFires