

Living with Smokey Skies: *Helpful information about your health and smoke from forest fires*

Smoke conditions and local air pollution levels can change due to the unpredictable nature of the fires. Here's some helpful information for reducing your exposure to and the effects from smoke from forest fires.

- Use common sense regarding outdoor physical activity – if your breathing becomes difficult or uncomfortable, stop or reduce the activity.
- Stay cool and drink plenty of fluids.
- Smoke levels may be lower indoors, however levels of smoke particles will still be increased. If you stay indoors be aware of your symptoms.
- Consider visiting a location like a shopping mall with cooler filtered air. Keep in mind that staying indoors may help you stay cool and provide some relief from the smoke, however many air conditioning systems do not filter the air or improve indoor air quality.
- Keep indoor air cleaner by avoiding smoking or burning other materials.
- You may be able to reduce your exposure to smoke by moving to cleaner air. Conditions can vary dramatically by area and elevation.
- Residents with asthma or other chronic illness should activate their asthma or personal care plan.
- Pay attention to local air quality reports, air quality may be poor even though smoke may not be visible.
- Commercially available HEPA (high efficiency particulate air) filters can further reduce poor indoor air quality near the device.
- People with symptoms should go to their health care provider, walk in clinic or emergency department depending on severity of symptoms.

For more information, call

HealthLink BC <http://www.healthlinkbc.ca/kbaltindex.asp>

Available 24 Hours Toll Free at 8-1-1

For more information visit our web site at www.interiorhealth.ca