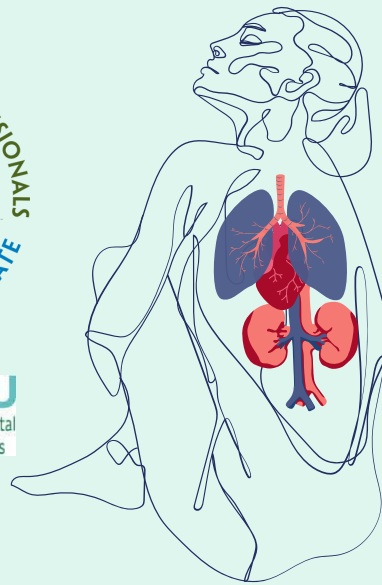


Effects of Wildfire Smoke on Health



Difficulty concentrating, anxiety, and headaches

Shortness of breath, wheezing, coughing, asthma, bronchitis, and other respiratory diseases

Increases risk of arrhythmia, hypertension, stroke, and heart failure

Kidney damage and increased risk of diabetes

How to Track Your Local Air Quality

Local and National Media: radio, newspaper, and television

Internet sites:

AIRNow (www.airnow.gov): air quality information from federal air quality monitors in Montana and across the nation.

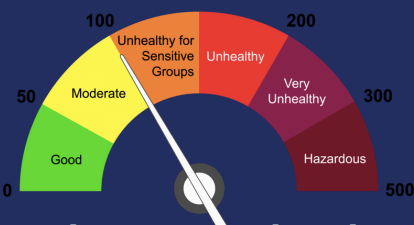
AirNow Fire and Smoke map (<https://fire.airnow.gov>)

Breezometer (<https://breezometer.com>): information updated hourly.

EMAIL: EnviroFlash (<https://www.enviroflash.info/>): provides AQI information via email.

IS YOUR HOME IN A WILDFIRE THREAT ZONE? <https://hazards.fema.gov/nri/wildfire>

The Air Quality Index indicates the air quality in your area.



The Air Quality Index scale links air quality to health effects and is commonly found on phone apps like Google Maps, AIRnow, and various weather apps.

How to Protect Your Health in Poor Air Quality



Stay inside with windows closed, & use a portable air cleaner

Avoid burning candles, cooking and vacuuming

Use an N95 respirator

Check your air quality on airnow.gov

Reduce outdoor physical activity

DIY CLEAN AIR FILTER

Supplies

- Box Fan
- 20-inch by 20-inch furnace filter (MERV 13 or FRP 10)
- Duct tape or Bungee Cord

Step 1: Find the arrow on the side of the filter and point toward the fan

Step 2: Place the filter arrow side on the back of the fan

Step 3: Take the tape or bungee cord and attach the filter to the fan

Step 4: Close all windows and Doors so as not to let smoke in the home.

Step 5: Turn on the fan.

To Learn More

