

Wildfire Smoke Ready

STAYING HEALTHY DURING SMOKE SEASON

Air pollutants from wildfire smoke affect your heart, lungs, immune system, & more.

HERE ARE 4 THINGS YOU CAN DO TO REDUCE EXPOSURE

1. Check local air quality reports at [Fire.AirNow.Gov](https://www.fire.airnow.gov).
2. Reduce the intensity of outdoor physical activity. If you must be outside, consider using an N95 respirator mask.
3. Head inside -- shut your doors & windows.
4. Use a HEPA filter or DIY box fan/filter to clean indoor air.

Learn more & prepare at MontanaWildfireSmoke.org

