Did you know?

- Wildfires are on the rise nationally.
- Wildland fire smoke is harmful to your health.

Fine particles in the smoke penetrate deep into your body and can damage your lungs, heart, and other vital organs.

If you have heart or lung disease, you are at higher risk from smoke exposure. Young children and the elderly are especially at risk from smoke exposure.

Take these steps to get informed and protect yourself!

Know Your Air Quality Index (AQI)

<table>
<thead>
<tr>
<th>AQI</th>
<th>Classification</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-50</td>
<td>Good</td>
<td>Air quality is Good! Go enjoy the outdoors.</td>
</tr>
<tr>
<td>51-100</td>
<td>Moderate</td>
<td>If you are sensitive to air pollution, you may experience health effects from exposure.</td>
</tr>
<tr>
<td>101-150</td>
<td>Unhealthy for Sensitive Groups</td>
<td>Anyone with heart and lung disease may experience health effects from smoke exposure. Older adults and children should avoid exposure.</td>
</tr>
<tr>
<td>151-200</td>
<td>Unhealthy</td>
<td>Everyone may experience adverse effects from smoke exposure. Protect yourself when you’re outdoors.</td>
</tr>
<tr>
<td>201-300</td>
<td>Very Unhealthy</td>
<td>Health alert! Avoid outdoor activities. If you must be outdoors, protect yourself!</td>
</tr>
<tr>
<td>301-500</td>
<td>Hazardous</td>
<td>Health warning! Everyone should avoid outdoor activities and reduce exposure to smoke even when indoors.</td>
</tr>
</tbody>
</table>

The AQI is an index for reporting daily air quality. It tells you how clean or polluted your air is and what associated health effects might be a concern for you.

Resource: https://airnow.gov/index.cfm?action=aqibasics.aqi

Know Your Daily Smoke Forecast

For Montana’s smoke forecast:
Montana Department of Environmental Quality: https://bit.ly/2IHVPaD
AirNow Montana Current Air Quality Index: https://bit.ly/2jZUE8m

For demonstration purposes only. Visit the links below for Montana's daily smoke forecast.
Protecting yourself from smoke while outdoors

- Purchase a HEPA-certified portable air cleaner for your bedroom. Avoid electrostatic air cleaners.
- Keep your windows closed.
- Use air conditioning or room fans to stay cool.
- Replace your home air filters every month during fire season, especially if they are running continuously. Filters become clogged and less effective with use.

Protecting yourself from smoke while indoors

1. Purchase a HEPA-certified portable air cleaner for your bedroom. Avoid electrostatic air cleaners.

2. Install a high-efficiency filter in your home furnace/ac and run the unit continuously (“fan on” mode). The filter should have a MERV rating of 13 or higher.

3. Replace your home air filters every month during fire season, especially if they are running continuously. Filters become clogged and less effective with use.

4. Keep your windows closed. Use air conditioning or room fans to stay cool.


High Plains Intermountain Center for Agriculture Health and Safety
Partnership for Air Quality, Climate, and Health
School of Global Environmental Sustainability
The Mountain and Plains Education and Research Center
Extension Forestry, Montana State University

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COLORADO STATE UNIVERSITY