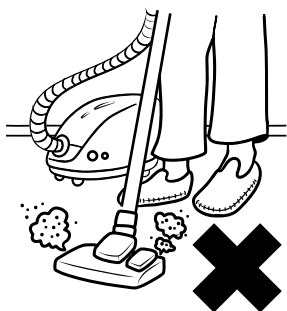


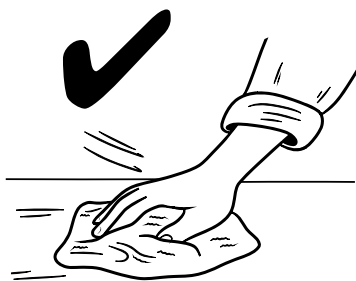
What to do when it's smoky outside



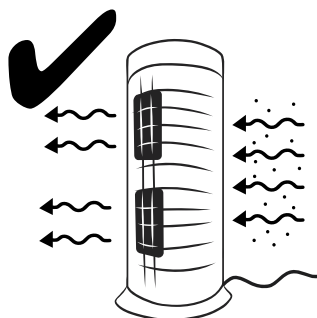
Tips on keeping air inside your home as clean as possible



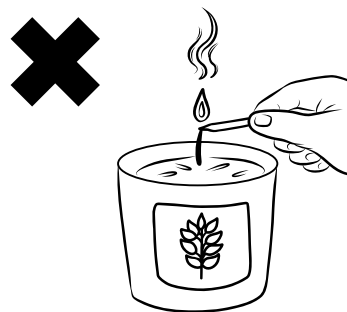
Avoid vacuuming as dust and fine ash get tossed into the air



Wipe hard surfaces with a damp cloth and mop floors instead



Use a true HEPA air cleaner (not HEPA-like) and replace filter when gray or black



Limit adding indoor pollutants (like smoking or candles)

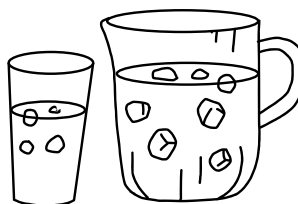
Tips on keeping safe when it's smoky outside



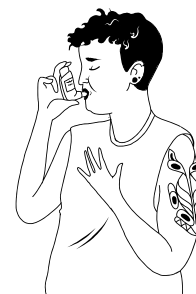
Consider using a mask if you're outside; For added protection, use N-95 masks if available



Try to stay inside; Take it easy if you must be outside



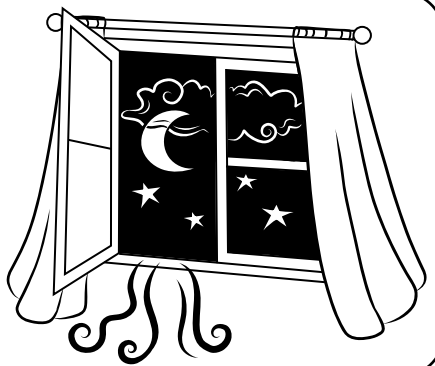
Drink lots of water slowly throughout the day



Keep your medications filled and nearby

If there is extreme heat and smoke, **it's safer to cool down first.**

Open doors and windows when it's cooler outside in the evenings.



See real-time fire, smoke and air quality updates at www.aqmap.ca

