

# What to do when it's smoky outside

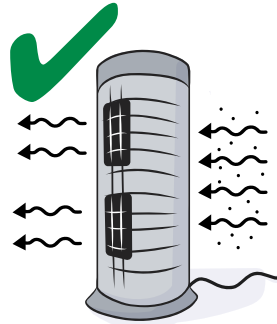
## Tips on keeping air inside your home as clean as possible



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](http://www.aqmap.ca)

