

Is It Smoky Outside? Protect Your Health.

Use the **5-3-1** Visibility Method

<https://nmtracking.org/fire>

During Fires If You Can See* About: <small>*When Humidity is Low</small>	And You Are:	Or You Have:	An Adult A Teenager An Older Child	Check visibility often.	Minimize outdoor activity.	Stay Inside.	Age 65 and Over Pregnant A Young Child	Asthma Respiratory Illness Lung or Heart Disease	Minimize outdoor activity.	Stay Inside.	Stay Inside.			
												5 miles	3 miles	1 mile
												Health and Fire information <a href="https://nmtracking.org/fire">https://nmtracking.org/fire</a>		

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**Step 1:** Determine how smoky it is based on how far away you can see (in miles).



**Step 2:** Decide what you should do based on how far away you can see, your age, and health conditions.

If you can see:

- less than **5 miles**, the air quality is unhealthy for young children, adults over age 65, pregnant women, and people with heart and/or lung disease, asthma or other respiratory illness. These people should minimize outdoor recreational activities or reschedule for a day with better air quality.
- about **3 miles**, young children, adults over age 65, pregnant women, and people with heart and/or lung disease, asthma or other respiratory illness should avoid all outdoor activities and stay indoors. Everyone else should minimize their activities outdoors.
- less than **1 mile**; the air quality is unhealthy for everyone. All people should remain indoors .

No matter how far you can see, if you feel like you are health effects from smoke, then stay inside or get to an area with better air quality. You should also see your doctor or health care professional as needed.

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