

# A wildfire can spread rapidly and quickly change air quality. Know how to protect your health when it does.

**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 having 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.

