Tips to PROTECT YOUR LUNG HEALTH from Wildfires

1. Be mindful of regional and seasonal risks.
2. Monitor local air quality indexes.
3. Try to limit outdoor exposure when conditions are poor.
4. If you have asthma, COPD or another respiratory condition, take medication as prescribed and keep your rescue inhaler with you.
5. See your doctor for breathing difficulties, cough, chest discomfort, wheezing or shortness of breath.