IS THE AIR SAFE?

Check air quality conditions at spokanecleanair.org/

**GOOD**

Air pollution is so low so there is little health risk. It’s a great day for everyone to enjoy the outdoors!

**MODERATE**

People with health conditions should limit spending any time outdoors & avoid strenuous outdoor activities. They may begin to have worsened symptoms.

**UNHEALTHY FOR SENSITIVE GROUPS**

All of the above &:

All sensitive groups should limit spending any time outdoors. People with health conditions may have worsened symptoms. Healthy people may start to have symptoms.

**UNHEALTHY FOR EVERYONE**

Everyone, especially sensitive groups, should limit time spent outdoors, avoid strenuous activities outdoors, & choose light indoor activities.

**VERY UNHEALTHY FOR EVERYONE**

Everyone should stay indoors, avoid all strenuous activity, close windows & doors if it’s not too hot, set your AC to recirculate, & use a HEPA air filter if possible.

**HAZARDOUS FOR EVERYONE**

All of the above &:

People with heart or lung disease, or those who have had a stroke, should consult their healthcare provider about leaving the area. Follow burn bans and evacuation orders.

**SENSITIVE GROUPS INCLUDE:**

- People with health conditions such as:
  - Asthma, COPD, diabetes, & other heart/lung diseases
  - Respiratory illnesses & colds
  - Stroke survivors
- Children under 18 & adults over 65
- Pregnant women
- People who smoke

**KNOW THE SYMPTOMS:**

- Watery or dry eyes
- Coughing/wheezing
- Throat & sinus irritation
- Phlegm
- Shortness of breath
- Headaches
- Irregular heartbeat
- Chest pain

If you are experiencing serious symptoms, seek immediate medical attention.

Air pollution from dust, vehicles, woodstoves, wildfires, & industries can seriously impact your health.

For more health information, visit srhd.org/wildfiresmoke