

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

