Poor Air Quality
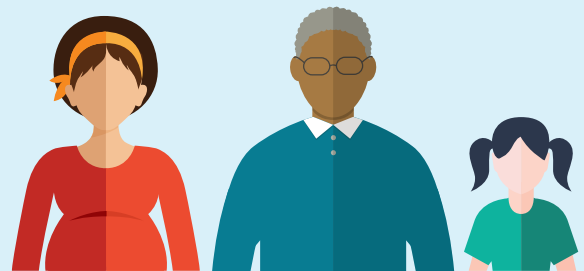## How wildfire smoke can affect your health

Wildfire smoke creates tiny particles in the air that can cause health concerns.

Poor air quality can affect your health.

It can cause chest pain, irregular heartbeat, shortness of breath, headaches, sore throat, coughing and eye irritation.
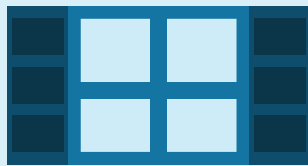
People most at risk.

People with heart and lung issues, children, pregnant women, adults over 65 and smokers may get sicker faster.

Protect your health.

Limit time outside.

Close windows and doors when possible.

Set air conditioner to recirculate and use a HEPA filter.

Drink plenty of water.

If you are sick, call your doctor.

Check your local air quality at www.pscleanair.org.

| Good | Moderate | Unhealthy for Some | Unhealthy for All | Very Unhealthy for All | Hazardous for All |

For more information about wildfire smoke and poor air quality, go to www.tpchd.org/wildfiresmoke.