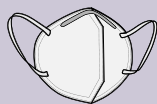
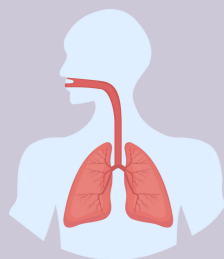


Air Quality and Particle Air Pollution Exposure


High Levels of PM2.5 is extremely hazardous.

People most at risk from particle pollution exposure include those with heart or lung disease, older adults, pregnant women, newborns, and children.



Disposable respirators known as N-95 or P-100 respirators can be used if outdoors for a long period of time for protection.



 The U.S. Air Quality Index recommends ways to reduce your exposure when particle pollution is hazardous.

- Stay indoors in an area with filtered air.
- Keep your activity levels low.
- Keep windows closed and use an air filter.
- Avoid using anything that burns, such as wood fireplaces, gas logs and even candles or incense.
- When air quality improves, open the windows and air out your home or office.
- Don't smoke. It can increase air pollution.

Wildfire smoke is a mix of gases and fine particles from burning vegetation, building materials, and other materials. Health effects include: coughing, stinging eyes, scratchy throat, runny nose, chest pain, headaches, chest pain, an asthma attack, and more.



[Click Here for AIR Now: Air Quality Notifications \(state and local\)](#)



The Air Quality Index has 6 Categories from **Good** to **Hazardous**. [Click here for the Air Quality Guide for Particle Pollution](#)