WILDFIRES AND YOUR HEALTH

When skies are thick with smoke . . .

- **MONITOR AIR QUALITY LEVELS**
  www.todaysair.mt.gov

- **LIMIT VIGOROUS ACTIVITY & LONG PERIODS OF TIME OUTSIDE**

- **KEEP ALL DOORS AND WINDOWS SHUT**
  To keep indoor air clean

- **USE AN AIR PURIFIER OR AIR CONDITIONER**
  With fresh-air intake off

- **CHECK ON YOUR NEIGHBORS**
  Connect them to resources if they need help

climatesmartmissoula.org/summer-smart