

AND Y(OUR) 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

