

# SAFETY BULLETIN



## WILDFIRE SMOKE:

### HOW TO STAY SAFE IN THE HAZE

Smoke from wildfires this year has been especially bad, and can affect your health. Symptoms such as eye and throat irritation, coughing and difficulty breathing are normal but can be reduced.

The good thing is that for most healthy people smoke is just an annoyance and there will be no long term health effects.

For the young, elderly, and those with respiratory difficulties special precautions should be followed.

### PRECAUTIONS

- Stay inside when the smoke is the worst.
- Limit or avoid any activity that will result in increased breathing: outdoor exercise, sports, strenuous work, etc. This is especially important for children and those with any respiratory diseases.
- Put your car and home air conditioners on "recirculate" instead of drawing outside air in.
- Wearing a dust mask will help with blowing ash, but will not screen out fine smoke. Special masks (NIOSH N95 or P100) can be purchased for individuals with respiratory problems, but a doctor should be consulted first.
- The use of indoor HEPA filters can help.

### OTHER RESOURCES

For 24-hour Air Quality Advisory Information, call toll-free at 1-866-BURN-DAY (1-866-287-6329).

For more information on ways to protect yourself and your family, go to the Air Quality Management site:

<http://www.ncuaqmd.org/index.php?page=wildfire>

For any questions regarding this Safety Bulletin, or requests for free onsite safety classes, please contact Kurt Walling, the Loss Prevention Manager for STSIG at [kwalling@stsig.org](mailto:kwalling@stsig.org), or 530-221-6444.

**And remember: *Stay Alert, Stay Alive!***