

Indian Mountain Metro District and the Jefferson/Com Fire Dept. will be burning the Slash in the Burn pit when the appropriate time arises and want you to be informed and notified beforehand on how to protect yourself from smoke. Please read the following information and call the contact person if you need more information. IMMD contact person: Susan Stoval-sdstoval@gmail.com Fire Dept contact: Bruce Dalrymple-bruce@jcfpd.org

How to protect your health from wood smoke

Most healthy people have no more than minor and short-term health difficulties with wood smoke. However, excessive smoke can result in unhealthy or hazardous air quality. If smoke is affecting your health, contact your doctor or other health professional. Also, try to move to a place with cleaner air and follow the tips below.

Tips

- Close windows and doors and stay indoors. However, do not close up your home tightly if it makes it dangerously warm inside.
- Be extra vigilant at night. Nighttime the air is usually more still than during the day and smoke can be worse. Smoke in nighttime air often flows down valleys and settles in low lying areas. Close windows at night.
- Filter your air by running your air conditioner or evaporative cooler, but only if the system is filtered. You may also run the fan on your home heating system, with the heat turned off, if the system is filtered. Keep the outdoor air intake closed and be sure the filter is clean. Running these appliances if they are not filtered can make indoor smoke worse.
- Use HEPA room air filtration units if you have them.
- Avoid exercise or other strenuous activities in heavy smoke.
- Do not rely on commercially-available dust masks, which do virtually nothing to filter out the particles and gasses in smoke.
- Consider temporarily locating to another area if it is safe to do so. Seek out locations where air is filtered such as malls, movie theaters or recreation centers.
- Be prepared to evacuate by planning ahead. Plan your evacuation route and your destination. Put together a kit that contains medications and other important items that you can't be without.

Who is most likely to be affected by smoke?

- Elderly persons.
- Young children (especially children 7-and-under).
- Pregnant women.
- Individuals with pre-existing respiratory or circulatory conditions like asthma, emphysema, chronic obstructive pulmonary disease (COPD) and cardiovascular disease.
- Individuals with respiratory infections like colds or flus.
- Individuals with smoke allergies. Very few individuals actually are allergic to smoke.

What are symptoms related to smoke exposure?

- Eye, nose and/or throat irritation--runny eyes and/or nose.
- Coughing, sore throat.
- Trouble breathing or tightness of the chest, which may be symptoms of a health emergency.
- The onset of symptoms related to pre-existing respiratory ailments like asthma or emphysema.
- Weakened immune system after prolonged exposure to smoke.

What is the air quality like where I am?

You can refer to the chart below and estimate the visibility in smoky air to come up with a corresponding air quality category based on the federal Air Quality Index.

Air Quality Index	Visibility
Good	10 or more miles
Moderate	5 - 10 miles
Unhealthy for Sensitive Groups	3 - 5 miles
Unhealthy	1.5 - 3 miles
Very Unhealthy	1 - 1.5 miles
Hazardous	less than 1 mile

