

Mesa County Public Health Wildfire Smoke Advisory Guidance

Who is at greatest risk during times of poor air quality?

- People who have heart or lung issues such as heart disease, or asthma.
- Older adults, often due to their increased risk of heart and lung diseases.
- Children, as their airways are still developing and they breathe more air per pound of body weight than adults.

What to do during times of poor air quality:

- Avoid heavy outdoor exertion such as running or other forms of exercise during advisories.
- Keep your indoor air clean and stay indoors.
 - Close your doors and windows and turn off systems that ventilate air from outside in.
 - You can run your air conditioner, if you have one, but keep the fresh-air intake closed and the filter clean.
 - If you do not have an air conditioner and it's too warm to stay inside without your swamp cooler on or windows closed, seek shelter at a designated evacuation area or with a friend or family member with a closed air circulation system.
- Avoid activities that increase indoor pollution. You want to keep your indoor air as clean as possible during a smoke advisory.
 - Do not vacuum. It stirs up dust in your home.
 - Do not smoke tobacco in your home.
 - Do not burn candles, fireplaces or gas stoves.
- Don't rely on dust masks for protection.
 - Paper masks commonly found at hardware stores are designed to trap large particles, like sawdust. They won't protect your lungs from the small particles found in wildfire smoke.
- Contact your health care provider if you're concerned about your health.
- Make sure you're signed up for emergency notifications, in case the wildfire causes an evacuation plan.

[Click here for current air quality in Mesa County.](#)