

Is it Smoky Outside?

Use the visibility method to protect your health!

**Distance
you can
see
during
fires***

and you are:

OR you have:

an adult
a teenager
an older child

age 65 or older
pregnant
a young child

asthma
respiratory illness,
lung or
heart disease

**10
MILES
OR MORE**

**watch for changing conditions
moderate outdoor activity based
on personal sensitivity**

**5-10
MILES**

**moderate
outdoor
activity**

**minimize or avoid
outdoor activity**

**5
MILES
OR LESS**

**minimize
or avoid
outdoor
activity**

**stay inside or in a location
with good air quality**

Wildfires can spread rapidly and change air quality quickly. When a fire is nearby, decide if you should remain indoors or if it is safe to go outside. Visibility, age and health of those present are factors in this decision and this visibility method can help. Always follow evacuation orders, if given. Seek medical care if needed.

* approximate distance, when humidity is low

To check air quality and get
more information, visit

www.pima.gov/deq



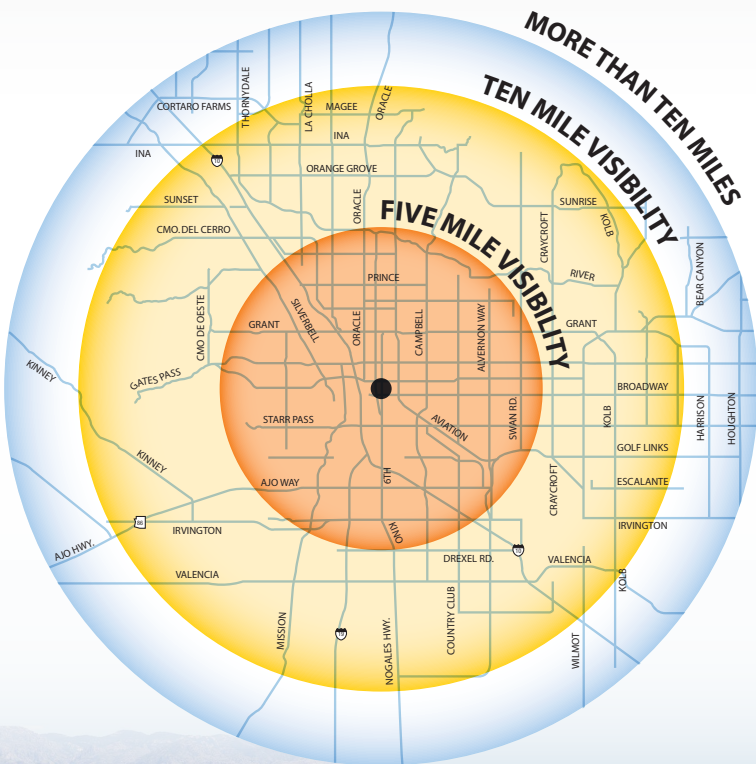
PIMA COUNTY
ENVIRONMENTAL QUALITY

Thanks to the U.S. EPA and New Mexico Department of Health for guidance.



Assessing Smoke in Our Air

To determine how smoky it is based on how far you can see: face away from the sun and pick landmarks (mountain, building, tree, etc.) at known distances. Then make your assessment – can you see the landmark(s) clearly; see about 10 miles; or only see about 5 miles or less? Take appropriate action and remember... **If you can smell smoke, you are breathing smoke.**



No matter how far you can see, if you feel like you're having health effects from smoke exposure, go inside or to an area with better air quality.

