# Is it Smoky Outside? 

Use the visibility method to protect your health!

Distance you can see during fires* OR MORE

OR you have:
and you are:
age 65 or older pregnant a young child
> asthma respiratory illness, lung or heart disease
watch for changing conditions moderate outdoor activity based on personal sensitivity
 MILES
 MILES OR LESS
moderate outdoor activity
minimize or avoid outdoor activity

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.

To check air quality and get more information, visit
www.pima.gov/deq
stay inside or in a location with good air quality

## minimize or avoid outdoor activity

## 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.

