



## **Living with Smokey Skies: Helpful information about your health and smoke from forest fires**

Smoke conditions and local air pollution levels can change due to the unpredictable nature of the fires. Here's some helpful information for reducing your exposure to and the effects from smoke from forest fires.

- Use common sense regarding outdoor physical activity – if your airway becomes irritated or uncomfortable, stop or reduce the activity.
- Stay cool and well hydrated. Keep in mind that while staying indoors may help you stay cool, many air conditioning systems do not filter the air or improve indoor air quality. Remember to drink plenty of fluids.
- You may be able to reduce your exposure to smoke going upwind of the smoke into cleaner air. Conditions can vary dramatically by area and elevation.
- Individuals with heart or lung conditions may be more sensitive to the effects of smoke from forest fires. These individuals should watch for any change in symptoms that may be due to smoke exposure. If any changes are noted you may wish to contact your physician or visit a walk-in clinic.
- Residents with asthma or other chronic illness should activate their asthma or personal care plan.
- People with severe symptoms from smoke exposure should present themselves to the nearest Emergency Department.

**For more information call the  
BC Health Guide Nurse Line**

**Available 24 Hours Toll Free  
1-866-215-4700  
For deaf and hearing impaired: 1 866 TTY 4700**

**For more information visit our web site at [www.interiorhealth.ca](http://www.interiorhealth.ca)**