

Recommendations for Outdoor Physical Activity during Smoky Conditions


This guide is intended to help make decisions on smoke and outdoor activities.

Flip to the back of this card to find out what Group you are in and for more information.

| Length of Physical Activity (Outdoor) | Good for all Groups (1-3) | Moderate for Group 1 Individuals | Unhealthy for Group 1 & 2 Individuals | Unhealthy for Group 1-3 Individuals | Very Unhealthy for Group 1-3 Individuals | Hazardous for Group 1-3 Individuals |
|---------------------------------------|---------------------------|--|---|---|---|---|
| | Visibility > 10 miles | Visibility 10-6 miles | Visibility 5.75-3 miles | Visibility 2.5-1.5 miles | Visibility 1.25-1 miles | Visibility <1 mile |
| 0-30 Minutes | None | Group 1 Individuals should monitor or reduce high exertion activity. | Groups 1 & 2 should limit time spent outdoors or reduce physical activity. | All Groups should limit time spent outdoors and reduce physical activity | Groups 1 & 2 should avoid the outdoors and Group 3 should avoid prolonged or heavy exertion activity. | All Groups should avoid the outdoors and physical activity. |
| 30 Minutes to 1 Hour | None | Group 1 Individuals should monitor or reduce high exertion activity. | Groups 1 & 2 should limit time spent outdoors or reduce physical activity. | Groups 1 & 2 should avoid the outdoors and Group 3 should reduce physical activity. | All Groups should avoid the outdoors and physical activity. | All Groups should avoid the outdoors and physical activity. |
| 1 Hour to 2 Hours | None | Group 1 Individuals should limit prolonged activity. | Groups 1 & 2 should avoid the outdoors and all other groups reduce physical activity. | All Groups should avoid the outdoors and physical activity. | All Groups should avoid the outdoors and physical activity. | All Groups should avoid the outdoors and physical activity. |
| 2 or More Hours | None | Group 1 Individuals should limit prolonged activity. | Groups 1 & 2 should avoid the outdoors and Group 3 should reduce physical activity. | All Groups should avoid the outdoors and physical activity. | All Groups should avoid the outdoors and physical activity. | All Groups should avoid the outdoors and physical activity. |

Which Group are you in?

| <u>Group 1 Individuals</u> | <u>Group 2 Individuals</u> | <u>Group 3 Individuals</u> |
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| <p>People, including children under the age of 18 and the elderly, with respiratory or heart disease, angina, pulmonary disease, asthma, emphysema or any other disease which may be impacted by any level of smoke.</p> | <p>Healthy children under the age of 18, the elderly, individuals who experience headache, sore throat, watery eyes, or increased fatigue at low smoke levels. People who are already experiencing an acute bacterial/viral infection that is affecting the throat, lungs, and sinus, or those with allergies may also be more affected by smoke.</p> | <p>Health individuals over the age of 18 who are more resistant to the short term affects of smoke.</p> |

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|  | <p>Local visibility can be used to determine air quality in your area? It's a great way for you to decide whether it's safe to go outside when it's smoky. Not every community has a monitor that measures particle levels in the air. It's up to you to decide whether to change your outdoor plans until smoke conditions improve. The chart on the front of this card has the visibility information for each level. Focus on a local ridge top, building, or landmark which is approximately 3 to 6 miles away. On smoky days, determine how far you can see. This can help you to visually assess the quality of the air. If you are concerned about poor outdoor air quality, consider waiting for better conditions. Your health and the health of your family should always be first priority.</p> | <p style="text-align: center;">Dust Masks Are Not Enough!</p> <p>Paper "comfort" or "dust" masks -the kinds you commonly can buy at the hardware store - are designed to trap large particles such as sawdust. These masks generally will not protect your lungs from the fine particles in smoke and they may even restrict airflow. Also, wet bandanas tied over the face will not protect you from fine particles and may restrict air flow.</p> | <p>If there is an advisory to stay indoors, take steps to keep the indoor air as clean as possible. Keep your windows and doors closed-unless it's extremely hot outside. Run your air conditioner, if you have one, and keep the fresh air intake closed and the filter clean to prevent bringing additional smoke inside. <i>Note:</i> If you don't have an air conditioner, staying inside with the windows closed may be dangerous in extremely hot weather. In these cases, seek alternative shelter such as going to a mall, the movies, and libraries. Often, when smoky conditions continue over an extended time, your local government may provide cooling centers to go to in order to avoid smoke exposure and heat. Contact your local government for further information.</p> |
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