



Poor Air Quality—What You Should Know

A health advisory is in effect for residents throughout the Bay Area

Most at risk:

- People with respiratory problems, such as COPD or asthma
- Elderly
- Children
- Outdoor workers

What you can do to limit your risk:

- Limit outdoor activities
- Keep children and pets indoors
- Adjust air-conditioning units to recirculate air
- In homes without AC, keep windows and doors closed as much as possible
- Use air filter masks when possible (N95 or P100 rated)

Potential risks of smoke exposure:

- Burning or stinging eyes
- Sore throat
- Coughing
- Wheezing
- Headache
- Nausea
- Chest pains

When to seek medical attention:

If symptoms persist or worsen, seek prompt medical attention.

For up-to-date air quality information, see the Bay Area Air Quality Management District website: **www.baaqmd.gov**



Washington Hospital Healthcare System