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hen wildfire smoke fills the air, the South Coast Air Quality Management District may issue a smoke advisory for affected areas in Los Angeles.

### WHAT IS A SMOKE ADVISORY?

A smoke advisory is declared when there is unhealthy air quality outdoors. The Los Angeles Department of Public Health advises that “If you can see smoke, soot, or ash, or you can smell smoke, pay attention to your immediate environment and take precautions to safeguard your health.”

Smoke and ash contribute to unhealthy air quality and that can be harmful to people, even those who are healthy. The unhealthy air is generated from the wildfire smoke’s mixture of small particles, gases, and water vapor. Small particles are the primary health concern.

Children and older adults, people with heart or lung disease should take immediate precautions.

### WHAT ARE THE SYMPTOMS IF I AM EXPOSED TO UNHEALTHY AIR?

The unhealthy air can cause burning eyes, runny nose, scratchy throat, headaches, and respiratory illnesses. In people with sensitive conditions, it can cause difficulty breathing, wheezing, coughing, fatigue, and chest pain.

If you have heart or lung disease and/or experience any symptoms beyond these listed above or which are drastically worse, such as chest tightening or shortness of breath, you should see immediate health attention.



### WHERE CAN I FIND OUT MORE INFORMATION ABOUT THE AIR QUALITY WHERE I LIVE?

- For up to date air quality information for the Los Angeles area, please visit the South Coast Air Quality Management District’s website at: <http://www.aqmd.gov/>.



### HOW DO I AVOID UNHEALTHY AIR QUALITY?

Use the tips below to avoid unhealthy air quality:

- Stay indoors if you see or smell ash or smoke.
- Avoid unnecessary outdoor activities.
- When indoors, use the recirculate air mode on your air conditioners. If your air conditioner unit does not have this mode and only uses outside air, avoid using it if not necessary.
- Use a HEPA filtered indoor unit if you have one.
- Do not smoke.
- Avoid leaving your pets outdoors, particularly at night. Pets should be brought into an indoor location, such as an enclosed garage or a house.

