

HOW TO PROTECT YOURSELF FROM FOREST FIRE SMOKE

Smoke from wildfires can cause unhealthy levels of fine particulate matter (PM2.5) in the air. Particulate matter is continuously measured by the Tribe at air monitoring stations located in the town of Ignacio (Ute 1) and near Bondad Hill (Ute 3). Real-time particulate matter data and corresponding EPA Air Quality Index (AQI) health alerts are generated on the Southern Ute Indian Tribe's Ambient Air Monitoring website. To view the Tribe's Ambient Air Monitoring Program website, smoke and fire map resources, and for more information about how to understand the AQI forecast and the risks of wildfire smoke, follow the links below:

[Southern Ute Indian Tribe Ambient Monitoring Program Website](#)

[EPA AirNow - Current Air Quality Conditions - Ignacio Area](#)

[EPA Air Quality Index Basic Information](#)

[AirNow Fire and Smoke Map - Ignacio Area](#)

[Fire Smoke Map](#)

[Watch Duty Fire Information Website](#)



QUICK HEALTH TIPS

Some people are more at risk: Elderly people, children, and those with pre-existing health conditions are more at risk to adverse effects from smoke.

Use common sense. If it looks smoky outside, it is probably not a good time for outdoor activities.

If you are advised to stay indoors, keep your windows and doors closed. Run your air conditioner with the air intake closed and a clean filter. Devices with High Efficiency Particulate Air (HEPA) filters can reduce indoor pollution. Don't use devices that generate ozone, which pollute even more.

Dust masks are not enough! Common masks will not protect your lungs from small particles in smoke. HEPA masks, like N-95 respirators, may filter out the small particles but are not suitable for people with lung diseases. Those with lung diseases should follow their respiratory management plan. Call a doctor if symptoms worsen.

Ground Level Ozone increases during fire events. Specific information about ground level Ozone is provided on the Tribe's Ozone information page.

