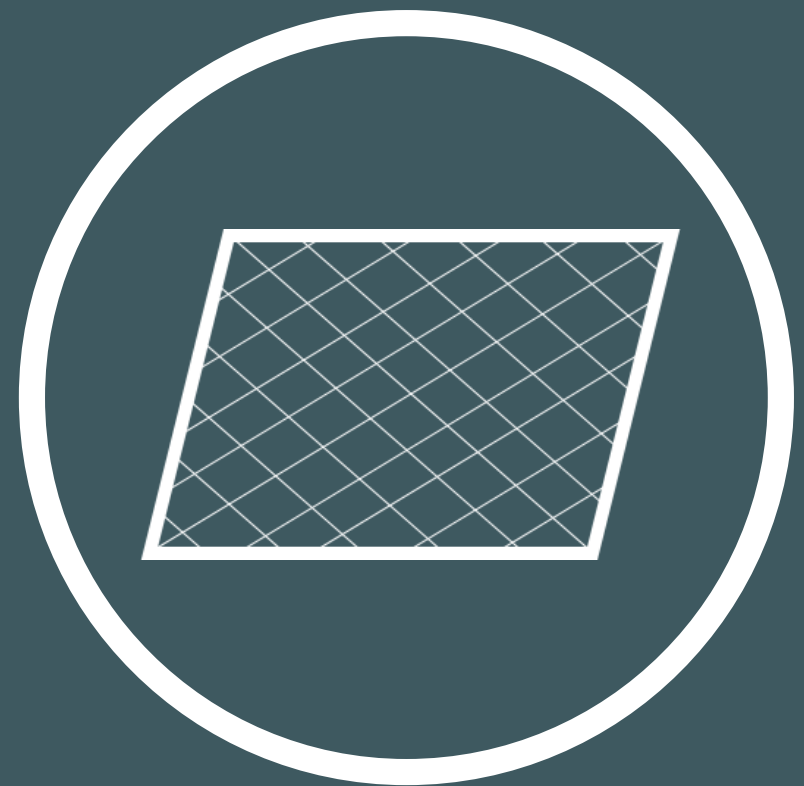


Reducing Exposure to Air Pollution

Indoor Tips



FILTER

Change the filters on your AC and furnace regularly.



MAINTAIN

If you use a wood stove, make sure the openings and chimney do not leak smoke indoors.



RUN AC

In the event of poor air quality days, consider closing windows and running AC.



VENTILATE

When cooking or using a gas or wood-fired stove, run fans or open windows. Grill or smoke outdoors.

Outdoor Tips



CONSULT

Use a weather app or go to [AirNow.gov](https://www.airnow.gov) to find the current air quality.



AVOID

Avoid e-cigarettes and cigarette/cigar smoke.



LIMIT

Try to limit exposure to gasoline and diesel fumes (vehicles, machinery).



CALL

Follow burning regulations. Call **541-766-6971** to check current burn bans.

Tips to Avoid Wildfire Smoke



REDUCE

Avoid common activities that might contribute to poor air quality (grilling, burning candles, smoking).



PROTECT

Wear an approved mask to limit the amount of air pollution you inhale.

Appropriate Masks

N95, N100 or P100

Masks should fit well above the nose and beneath the mouth.

Change the mask when it gets dirty on the inside, becomes damaged, or becomes difficult to breathe through.