

August 2020

Dear Communities,

My name is Laurel Fimbel and I am the new Professional Intern on the VIVA Team. Many of you knew Adam, and as he left the team to continue his education in PA school I recently took over his position. I am very excited to work with all of you, as I am an avid hiker, mountain biker, runner, horse back rider, skier, and all around happy camper whenever I am outside! Thank you for letting me join your outdoor communities, and please always feel free to reach out to me via email ([LFimbel@salud.unm.edu](mailto:LFimbel@salud.unm.edu)) for any questions or concerns.



The VIVA Connects team hopes that you are all doing well, and finding ways to safely enjoy activities outside. This Listserv has been designed to easily provide the most current and accurate health information to you all, so that you may keep yourselves and your communities safe. Included in this letter are ways to keep yourself and loved ones safe while exercising outdoors with seasonal wildfire smoke, and while also wearing masks to protect yourself and others from the spread of COVID-19.

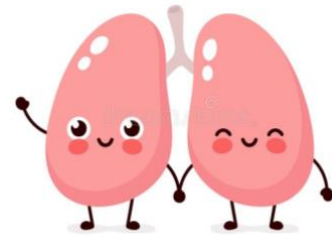


## Wild Fire Smoke Safety

With fireseason upon us, it is good to understand how to keep your lungs safe from smoke. The healthier that your lungs are, the healthier that you will be! Although it may be smoky outside, exercising outside might still be possible. Low-intensity exercises (such as walking) reduces the amount of smoke inhaled and will keep your lungs healthier.

Those who are more at risk of lung issues from wildfire smoke:

- Children less than 18
- Adults older than 65
- Pregnant women
- Outdoor workers
- Those with chronic health conditions
- Those who are immune compromised
- Those who smoke



If you are an individual at higher risk, consider shorter exercise time outside, or even doing indoor at-home exercises while it is smoky outside. Checking your local weather forecast, being on the lookout for local air quality alerts in your area, or accessing *AirNow.gov* (<https://www.airnow.gov/?city=Albuquerque&state=NM&country=USA>) are all great resources to better learn how clean and safe your air quality is in your area.

*Note: Cloth masks do not protect against smoke, however, they will help to protect you from spreading or catching COVID from others, so please mask up.*

For more information on smoke and lung safety, visit: [https://www.cdc.gov/disasters/covid-19/wildfire\\_smoke\\_covid-19.html](https://www.cdc.gov/disasters/covid-19/wildfire_smoke_covid-19.html)



## Exercising With a Mask

Even though it may be more difficult to breathe with a mask on while exercising, it is very important to wear one when indoors and/or outdoors when exercising around others. It's OK if you feel more out of breath while exercising, that is normal since the mask makes it harder to breathe. Taking more breaks, or lower-intensity workouts may be a better option with masks.

Here are some tips for exercising with a mask:

- Cotton material masks are the best option since they are the most breathable
- Make sure your mask fits snugly, even while moving
- Wash your mask gently with soap and water after each time exercising
- Stay 6ft apart from others around you, even when outdoors
- Avoid working out in large groups, or with people outside of your household
- Avoid working out close to others who may be talking loudly, coughing, and breathing loudly

For more information, visit: <https://www.cnn.com/2020/07/22/cnn-underscored/best-breathable-face-masks/index.html>

Thank you for your interest in reading this letter, and please feel free to share this information with community members and loved ones.

Stay safe, mask up, and get outside!

Sincerely,

The VIVA Connects Team