PROTECT YOURSELF AND YOUR RELATIVES FROM WILDFIRE SMOKE!

Do

GET READY FOR FIRE SEASON



 Gather supplies: food, water, and medicines—enough for everyone.



 Plan your emergency routes to get out.

WHEN YOU KNOW SMOKE IS COMING



- Wear a mask. N95 masks are best.
- Stay indoors.



 Avoid difficult physical activities, especially outdoors.



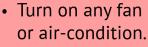
- Seal all windows and doors!
- Fire news? Check radio or phone.

TAKE ACTION TO STAY SAFE FOR FIRE SEASON!

▼ Don't►



· Fry or boil food

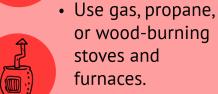




Burn candles or incense.



Vacuum. Give it a mini vacation!



Smoke cigarettes



Wait to leave until you see fire.



Wildfire smoke can harm everyone people, pets, and livestock!









It can hurt your lungs, heart, brain and general health.









New Mexico Integrative Science Program Incorporating Research in Environmental Sciences (NM-INSPIRES)

Supported by the National Institute of Environmental Health Sciences (NIEHS) under Award Number 1P30ES032755.

TIME TO GEAR UP! LET'S PROTECT OURSELVES

AND OUR LOVED ONES.