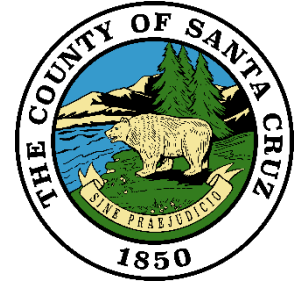


SMOKE FACT SHEET



- Avoid being downwind of any fire.
- If you are outside during a fire, leave the immediate area and seek fresh air upwind of the fire.
- If you're sensitive to smoke, stay indoors. Don't participate in outdoor events or exercise.
- Symptoms of exposure to smoke include coughing, breathing difficulties, tightness of the chest and eye, nose, mouth or throat irritation, red burning eyes, post-nasal drip and stuffy noses.
- Seek medical care if you develop smoke exposure symptoms that reflect respiratory or cardiac distress.
- Monitor air quality forecast page for updates information at www.mbard.org.