

Evacuation of your pets. As soon as you hear you may have to evacuate, move larger animals to safety, confine pets in the house, and have leashes, carriers, trailers, and medicines ready. Evacuate your pets with you. If you are headed for a hotel, call ahead and ask if they will waive “no-pet” policies.

If you are unable to keep your pets with you and need to find temporary housing for your pets, contact your county health department or local humane society.



Crowded Settings and Your Health

Minimize the spread of disease

- Wash hands and use hand sanitizer frequently
- Cover coughs and sneezes
- Wear hard soled shoes to avoid wounds and infections
- **DO NOT** share things such as food, drinks, utensils, and pillows *even with family members*

Maintain good general health

- Drink and cook with bottled water unless officials have determined that the tap water is safe for use
- Stay active and talk to each other about your experiences
- Follow advisories from health officials



For additional information, visit www.azein.gov or contact Arizona Department of Health Services, Office of Environmental Health
Phone: (602) 364-3118; Web: www.azdhs.gov

Visibility in Miles	PM _{2.5} or PM ₁₀ µg/m ³ , 1 to 3hr avg.	Health Category (AQI)	Cautionary Statements
10 +	0- 38	Good (0-50)	None
5- 10	39-88	Moderate (51-100)	Unusually sensitive people should consider reducing prolonged or heavy exertion.
3- 5	89- 138	Unhealthy for Sensitive Groups (101-150)	People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion.
1.5- 3	139- 350	Unhealthy (151-200)	People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.
1- 1.5	351- 526	Very Unhealthy (201-300)	People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.
1 or less	526+	Hazardous (≥300)	Everyone should avoid all physical activity outdoors; people with heart or lung disease, older adults, and children should remain indoors and keep activity levels low.

WHAT TO DO DURING A WILDFIRE

Natural disasters like forest fires can be stressful and chaotic times, having a checklist or plan in place can greatly relieve some of the pressures and allow you to focus on protecting the health and safety of you and your household. This brochure provides information that maybe helpful in organizing your family’s plan.

Remember that you are not alone when disaster strikes. Your neighbors, your community, local fire departments, your county and the agencies of the State of Arizona are available to give you aid and comfort to the best of their abilities.



This brochure was produced by Arizona Department of Health Services, Office of Environmental Health

What to Do During a Fire

Wildfire Smoke and Your Health

Wildfire smoke is a mixture of small particles, gases and water vapor. The main concern for your health is from the small particles. The average diameter of human hair is 30 times bigger than the small particles.

These small particles can cause burning eyes, running nose, scratchy throat, headaches, and illness (i.e. bronchitis). They can also worsen chronic heart and lung disease (i.e. asthma).



What can I do to protect my family's health?

Pay attention to local air quality reports. Stay alert to news coverage or health warnings related to smoke.

Use visibility guides. See the table in this brochure for guidelines regarding air quality conditions and their health categories.

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 pollutes even more.

Do not add to indoor air pollution. Don't use anything that burns, even candles. Don't vacuum or smoke.

Dust masks are not enough! Common masks will not protect your lungs from small particles in smoke. HEPA masks 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.



Stay Alert!

Stay tuned to your local TV and radio stations for updated information. There will be 30-second broadcasts by emergency officials through the Emergency Alert System.



If the Fire is Near and You Are Staying in Place

Actions to help to lessen the impact of a fire

Food supplies

- Crackers
- Dried fruit
- Dry cereal/granola
- Peanut butter or nuts
- Protein/fruit bars
- Canned foods/juices
- Bottled water
- Jarred baby food/formula
- Pet food

Food safety

In the event of lost power

- Frozen food is good for 24 hours, possibly up to 72 hours
- Refrigerated food is usually only good for up to 4 hours

Medical and health supplies

- Medical supplies, i.e. bandages or a thermometer
- Medicines (prescribed and over the counter)
- Pets' medicine
- Soap and alcohol-based hand sanitizer
- Tissue and disposable diapers

Emergency supplies

- Batteries
- Battery-powered lantern
- Battery-powered radio
- Flashlight
- Manual can opener
- Power generator

If advised to evacuate, do so immediately!

Get Ready, Get Set, Go!

Get ready

Create a family disaster plan. Use the buddy system — pair up and know your buddy's plans and whereabouts. Have a meeting point identified before leaving. Identify an out of town relative you can use as a message board, in case you can't make it to the designated meeting place.

Get Set

Start packing your check list

- Identification
- Cash, credit card and checks
- Medical insurance cards
- Medicine and prescriptions
- First aid kit
- Insurance policies
- Battery-powered radio
- Extra sets of keys
- Extra pair of eyeglasses
- 3-day supply of water and food
- Pet supplies and vaccination records
- Special items for infants, elderly and disabled family members



GO!

- Drive with your headlights on so others can see you through the smoke
- Keep windows rolled up to prevent embers from igniting your car's interior
- Choose the safest route, constantly watching for changes in fire and smoke's speed and direction

Get Your Pets and Animals Ready

Pay attention to your animals' health. Small particles can cause problems for animals. Don't let your animals run or work in smoky conditions.

Identification. Make sure ID tags are up-to-date and securely fastened to your animals. Have a current picture of your animal available.