



Air Quality Safety Reminder

As of July 16, the [Canadian Interagency Forest Fire Center](#) said 858 active fires are burning across Canada, with more than 500 of them considered "out of control." While Canada is busy fighting fires, residents of the U.S. Midwest are contending with the smoke-filled air.

The U.S. Environmental Protection Agency's [AirNow](#) page is showing air quality as Very Unhealthy to Hazardous throughout a large swath of the U.S., including Wisconsin.

When facing air quality issues, you can take several steps to protect your health and well-being. These include reducing outdoor activity, minimizing exposure to pollutants, and improving indoor air quality. Additionally, you can contribute to broader efforts by reducing emissions from vehicles and energy use.

Protecting Yourself:

- **Limit outdoor time:** Stay indoors, especially during peak pollution periods. If you must go out, consider wearing an N95 respirator or using other protective measures.
- **Reduce exposure to pollutants:** Avoid activities that generate pollutants, such as burning wood or trash, and limit the use of gas-powered lawn equipment.
- **Improve indoor air quality:** Use air purifiers, ensure proper ventilation, and avoid using scented products that can contribute to indoor pollution.
- **Monitor air quality:** Check the Air Quality Index (AQI) to determine the level of pollution and adjust your activities accordingly.
- **Seek professional advice:** If you have health concerns, consult with a doctor or healthcare provider.

Many of us can't simply stay indoors. If you need to work outside, ensure you are watching out for yourself and your co-workers. Ensure you are checking air quality levels by checking one of the many websites available and watch out for those with respiratory issues (i.e. asthma). If you feel yourself getting sick or feeling ill, stay indoors!