

# Extreme HEAT

## STAY HYDRATED

Drink water often, regardless of how active you are. Don't wait until you are thirsty to drink.



## STAY COOL

Spend more time in air-conditioned places and stay out of the sun.

## STAY INFORMED

Go to

**WWW.SNOCO.ORG/COOLING**

for a list of cooling centers and tips for staying safe in hot weather.



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# WILDFIRE Smoke

## KEEP INDOOR AIR CLEAN

Avoid candles, sprays, smoking, and frying or broiling food. Set up a portable air cleaner or filter.



## CHECK AIR QUALITY

Check air quality forecasts and current conditions before going outside or opening windows and doors.



## STAY INFORMED

Go to

**[WWW.SNOCO.ORG/SMOKE](http://WWW.SNOCO.ORG/SMOKE)**

for air quality forecasts and tips for staying safe during wildfire smoke.



# WILDFIRE Smoke

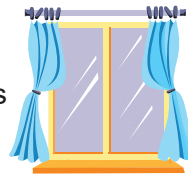
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