

Fire & Smoke Safety for Older Adults

Even if your home is not in the path of the fire, you can still be affected by smoke particles released into the air. Here are tips on how to stay safe if there are wildfires and smoke in your area.

- **Stay indoors; close all doors and windows and run your air conditioner if possible.**
- **No AC? Stay with friends or family, or head to your local senior center for clean air shelter.**
- **If smoke is heavy, consider laying lightly damp towels on window sills.**
- **Stay hydrated and drink more water than normal.**
- **If you can smell smoke, it can have an impact on your lungs. Be aware of how heavy smoke from fires is in your area.**
 - **Check the air quality in your area at any time via Air Quality Management District: <http://www.aqmd.gov>.**

Any questions, or need additional resources?

Visit www.ocagingservicescollaborative.org or call 949-757-3775.