



PROTECT YOUR HEALTH FROM WILDFIRE SMOKE

A message from the New Mexico State Forestry Division

Smoke from multiple wildfires burning in Arizona and southern New Mexico is impacting much of the state today (06/21). The 65,000-acre Woodbury Gap Fire, located east of Phoenix in the Superstition Wilderness, is producing a majority of the smoke. New Mexico firefighters are working in the state and in Arizona to keep people safe from these fires. The smoke may affect New Mexico through the weekend.

Take steps to keep yourself safe from wildfire smoke. The Centers for Disease Control has helpful tips <https://www.cdc.gov/features/wildfires/index.html>. Children, older adults and people with heart or lung diseases are at the greatest risk. Be sure to check local air quality reports and monitor local media for weather conditions.

Individuals who are sensitive to smoke should take precautions and use the New Mexico Department of Health 5-3-1 Visibility Method to determine if it's safe to be outside. First, determine how far you can see. It's the easiest way to gauge air quality. If visibility is more than five miles, air quality is generally good. If you're not sure, or if you feel health effects from the smoke, it is best to stay indoors.

Is It Smoky Outside? Protect Your Health.

Use the 5-3-1 Visibility Method <https://nmtracking.org/fire>

During Fires If You Can See* About:	And You Are:	Or You Have:
5 miles <small>*When Humidity is Low</small>	An Adult A Teenager An Older Child	Age 65 and Over Pregnant A Young Child
3 miles	Check visibility often.	Asthma Respiratory Illness Lung or Heart Disease
1 mile	Minimize outdoor activity.	Minimize outdoor activity.
	Stay Inside.	Stay Inside.

Health and Fire Information <https://nmtracking.org/fire>

No matter how far you can see if you feel like you are having health effects from smoke exposure then take extra care to stay inside or get to an area with better air quality. You should also see your doctor or other health professional as needed.

For guidance on using visibility to determine health impacts from wildfire smoke visit the following links: <https://nmtracking.org/fire> and <https://www.cdc.gov/features/wildfires/index.html>.

Stay up to date on current wildfires or prescribed burns taking place in New Mexico at: <https://nmfireinfo.com/>.

To receive emergency wildfire updates by email sign up at: <http://www.emnrd.state.nm.us/SFD/>.

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