



Questions? Contact Us:
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Smoke Information



Learn how smoke impacts can affect your health and how to minimize your exposure.

placerair.org/8126/Smoke

Reduce Smoke Exposure

- Stay indoors - limit indoor air pollution sources
- Reduce outdoor activity
- Create a clean air room

Smoke exposure symptoms can include:

- Chest pain
- Coughing
- Headaches

Consult your doctor if you experience health problems.