

EMERGENCY PREPAREDNESS POINTER

HOT TEMPS AND SMOKY SKIES

Summer has arrived in a big way as temperatures remain hot and smoke from distant wildfires fills the valley. The car can be a form of escape or a deadly trap in the heat. Every year in the U.S., children and pets dies from being left in enclosed vehicles. This time of year also brings the hazard of poor air quality from regional wildfires. This can directly impact those with health sensitivities and chronic conditions. However, there are several things you can do to keep you and those around you safe from these hazards.

CAR SAFETY TIPS

1. Never leave passengers in an enclosed vehicle when it is warm outside. Children are especially vulnerable as their bodies warm at a significantly faster rate than adults.
2. After ensuring that all people and pets are out of the vehicle, lock the doors, even at home, so that children or pets cannot get accidentally trapped inside an unattended vehicle.
3. Before putting children in a vehicle, make sure the seating surfaces and safety equipment are not too hot. Child safety seats, harnesses, and buckles can all become very hot.

The majority of the increase in temperature inside a vehicle occurs during the first half-hour and can accelerate heat related illness. Heat stroke can occur when the body's temperature exceeds 104° F. This temperature will overwhelm the brain's ability to control temperature.

Once this occurs symptoms may include, dizziness, disorientation, agitation, confusion, seizure, loss of consciousness, and or death. For more information about heat safety, visit www.weather.gov/safety/heat.

AQI Value Actions to Protect Your Health From Particle Pollution	
Good (0 - 50)	None
Moderate (51 - 100)	Unusually sensitive people should consider reducing prolonged or heavy exertion.
Unhealthy for Sensitive Groups (101 - 150)	The following groups should reduce prolonged or heavy outdoor exertion: <ul style="list-style-type: none"> • People with heart or lung disease • Children and older adults
Unhealthy (151 - 200)	The following groups should avoid prolonged or heavy exertion: <ul style="list-style-type: none"> • People with heart or lung disease • Children and older adults Everyone else should reduce prolonged or heavy exertion.
Very Unhealthy (201 - 300)	The following groups should avoid all physical activity outdoors: <ul style="list-style-type: none"> • People with heart or lung disease • Children and older adults Everyone else should avoid prolonged or heavy exertion.
Hazardous (301 - 500)	Everyone: Avoid all physical activity outdoors. Sensitive groups: Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.

AIR QUALITY AND YOUR HEALTH

The Treasure Valley is susceptible to air quality issues during this time of year. Most of the issues stemming from current wildfires burning in the region and surrounding states. The Idaho Department of Environmental Quality (IDEQ) produces daily air quality reports and forecasts for areas all around the state. This information also includes smoke outlook summaries, real-time smoke monitoring, and health impacts and recommendations for the public.

Understanding this information will help you know what to do to protect your health. It is also important to be mindful of burn bans in place for your area and region and the variances of burn bans across the state. All of this can be found on the wildfire smoke info page on IDEQ's website: www.deq.idaho.gov/air-quality/burning/current-wildfire-smoke-info/

