

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:

**When Humidity is Low*

5 miles

3 miles

1 mile

And You Are:

An Adult
A Teenager
An Older Child

Check
visibility
often.

Minimize
outdoor
activity.

Stay
Inside.

Or You Have:

Age 65 and Over
Pregnant
A Young Child

Asthma
Respiratory Illness
Lung or Heart Disease

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.