

Welcome Message: Today we're kicking off Smoke Ready Week! Wildfire season is almost here and while we cannot predict how much smoke we may get, we can be prepared. Each day this week, we will feature ways you can become #SmokeReady.

6/12, Monday - Learn about smoke

Long Post:

Today marks the start of #SmokeReady Week, and we're focusing on the question "What's in smoke and what are the sources?" Smoke from wildfires, prescribed burns, wood stoves, and other household sources contains a mixture of harmful substances like particulate matter, carbon monoxide, and volatile organic compounds. These pollutants can have negative impacts on our health and the environment. As we gear up for wildfire season in the Pacific Northwest, let's prepare ourselves by understanding the dangers of smoke and the sources that contribute to it. Together, we can help our communities be #SmokeReady.

Short Post 1:

What's in smoke? From wildfires to wood stoves, understanding smoke sources is the first step to being #SmokeReady. Smoke contains a mixture of harmful substances like particulate matter, carbon monoxide, and volatile organic compounds. Stay informed, stay safe.

Short Post 2:

Wildfire smoke contains fine particles with diameters 2.5 micrometers or smaller known as PM 2.5. These particles are tiny enough to bypass our body's normal defenses, entering the lungs and bloodstream, and can be dangerous to your health.

6/13, Tuesday - Stay informed about air quality

Long Post:

Day 2 of #SmokeReady Week is all about "Finding information about smoke". With wildfires, it's crucial to know where to get reliable information about smoke conditions. Use resources like the Air Quality Index (AQI), your local air regulator [*insert applicable organization*], and apps like AirNow or visiting <https://fire.airnow.gov/> to stay updated. Remember, being #SmokeReady means being informed.

Short Post 1:

Stay #SmokeReady. Use AQI, weather forecasts, AirNow app, [*insert applicable air regulatory organization*], and <https://fire.airnow.gov/> to stay informed about smoke conditions. Knowledge is power!

Short Post 2:

Stay informed about air quality and wildfire activity so you can make the best decisions for you and your family's health. For a one stop shop of information: visit your state smoke blog

Additional ideas for promotion: promote your website, promote where people can stay informed or sign up for alerts, print materials with this information or seek printed materials for distribution

6/14, Wednesday - Smoke and your health

Long Post:

Today's theme for #SmokeReady Week is "Smoke and your health." Smoke from wildfires and other sources can have serious health impacts, particularly on children, the elderly, and people with pre-existing heart and lung conditions. Smoke can cause difficulty breathing, increase the risk of asthma attacks and heart attacks, and cause eye irritation. Stay informed about air quality in your area by using resources like the state smoke blog, Mobile AQI, and the AirNow app. Stay #SmokeReadyTogether.

Short Post :

Breathing wildfire smoke can worsen many health problems and cause minor to serious symptoms like headaches, stinging eyes, coughing, trouble breathing, asthma attacks and chest pain. Smoke is unhealthy for everyone, but there are some people especially sensitive to health effects from smoke and should take extra steps to protect themselves.

Additional ideas:

How can you promote conversations about health and preparedness?

6/15, Thursday - Strategies to minimize smoke exposure

Long Post:

It's day 4 of #SmokeReady Week, and today we're focusing on indoor air quality. Improving your indoor air quality can significantly reduce your exposure to smoke. Simple actions like changing your filters regularly, using hepa portable air cleaners, and limiting indoor activities that produce smoke (like burning candles) can make a big difference. Let's all take action to breathe cleaner air and be #SmokeReady.

Short Post 1:

Improve indoor air quality by changing filters, using hepa portable air cleaners, & reducing indoor smoke. Breathe easier, breathe cleaner air and be #SmokeReady.

Short Post 2:

Stay inside and keep your indoor air clean. Filtration is one of the best ways to protect yourself from wildfire smoke. There are multiple ways you can filter indoor air: (1) improve your HVAC system, buy a HEPA portable air cleaner, or build a DIY box fan filter.

6/16, Friday - Preventing Smoke

Long Post:

We've reached the final day of #SmokeReady Week, focusing on "preventing wildfire smokes." Every action we take to prevent wildfires helps to reduce smoke exposure. This includes careful handling of fire, like extinguishing campfires thoroughly and not dragging chains while driving. Remember, preventing wildfires is everyone's responsibility. Let's all do our part to protect our communities and stay #SmokeReady.

Short Post:

Every action counts in wildfire prevention. Extinguish campfires, avoid dragging chains. Prevent wildfires, reduce smoke exposure. Stay #SmokeReady.

Additional Ideas:

Wildfire prevention and alternatives to burning

- Example: Prescribed burns
- Example: Preparing firewood for clean burning in wood stoves
- Example: Not dragging chains, etc
- Example: Outdoor burn info
- Example: Prepping defensible space