

# EVALUATION & EMERGENCY ACTION

## WILDFIRE EVACUATIONS

- **Create an evacuation plan:** multiple escape routes, family meeting spots, pet/animal arrangements.
- **Assemble a GO-Bag:** water, meds, masks, supplies, important documents, pets care.
- **Stay alert:** evacuations may be ordered quickly—subscribe to alerts and follow Sheriff's guidance.

## HEAT & HEALTH EMERGENCIES

- In case of **heat stroke**, call 911 immediately.
- For smoke-related issues (severe coughing, wheezing), **seek medical attention** promptly.
- Know where **cooling centers** or **clean air shelters** are; local resources activate during emergencies.

# RESOURCES & SUPPORT

**Douglas County Sheriff's Office:**  
emergency alerts & evacuation maps.  
| [www.dcsso.com](http://www.dcsso.com) | (541) 440-4463

**Douglas Public Health Network:**  
smoke/heat advisories & response guides. | [douglaspublichealthnetwork.org](http://douglaspublichealthnetwork.org)  
| (541) 440 - 3571

**Douglas Forest Protective Association:**  
fire restrictions & preparedness tips . |  
[www.dfpa.net](http://www.dfpa.net) | (541) 672-6507

**Oregon OSHA:** workplace safety standards for heat exposure. |  
[osha.oregon.gov](http://osha.oregon.gov)

**AirNow.gov**, Oregon Smoke Blog: for air-quality updates.

**2-1-1Info.org:** cooling center info, utility assistance.

## PREPAREDNESS CHECKLIST: SMOKE + HEAT



## DOUGLAS COUNTY EMERGENCY PREPAREDNESS: WILDFIRE SMOKE & EXTREME HEAT

Stay informed.  
Stay prepared.  
Stay safe.



### Post-Knowledge Survey

Scan after reading this brochure. Takes 2 minutes & helps us measure how well these materials serve our community.

# UNDERSTANDING THE RISKS

## WILDFIRE SMOKE

**Why it matters:** Douglas County frequently sees substantial smoke and fine particles (PM<sub>2.5</sub>) during wildfire season.

**What it contains:** Fine Particles (PM<sub>2.5</sub>), carbon monoxide, and reactive chemicals that threaten lungs, heat, and immune systems.

**Who's at risk:** Kids seniors, pregnant people, those with asthma, COPD, heart disease, diabetes, or weakened immune system.

## EXTREME HEAT

**Rising danger:** Southern Oregon, including Douglas County, is now ranked high-risk for extreme heat events.

**What qualifies:** Temperatures or heat-index readings at or above 95°F trigger advisories.

**High-risk groups:** Outdoor workers, agricultural laborers, seniors, young children, individuals with chronic disease, and residents in poorly cooled homes.

# BEFORE IT HAPPENS

## SMOKE PREPARATION

- Sign up for **Douglas County Alert & Douglas Public Health Network warnings**—instant notifications when air quality declines.
- Monitor **Air Quality Index** via AirNow/Oregon Smoke Blog; take action when it shows Unhealthy (151+).
- Create a **clean-air room**: seal windows & doors; use portable air filters or central HVAC with MERV-13+ filters.
- Keep **N95/N99 masks** on hand, especially for outdoor smoke exposure.

## EXTREME HEAT PREP

- Identify **cool places**: community centers, libraries, shelters, or home rooms with AC/fans.
- Stay **hydrated**: keep water readily available.
- Plan for heat index **≥ 80°F**: follow Oregon OSHA heat rules: shade, water, breaks during work.
- For heat index **≥ 90°F**: schedule rest breaks and monitor symptoms.
- Seal windows, use reflective shades, and **apply sunscreen** when outdoors pre-heatwave.

# DURING AN EVENT

## WILDFIRE SMOKE

- **Stay indoors** and keep the clean-air space active.
- **Run air filters** continuously; change to MERV-13 or HEPA-grade filters.
- Use **N95 masks** if you must go outside.
- **Close windows** and delay outdoor tasks until air improves.

## HIGH HEAT

- **Stay cool** inside; use AC/fans or go to shaded public areas.
- **Drink water** frequently — at least **32oz/hour** if active .
- **Take rest breaks** in shade or cool space as per OSHA guidelines.
- Watch for signs of heat illness:
- **Heat exhaustion**: heavy sweating, weakness, nausea.
- **Heatstroke**: confusion, fainting —**call 911**.



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