

Social Media Messages for Wildfire Smoke

Twitter

The following messages are available for posting to your local health agency's Twitter feed. All posts are 140 or fewer characters.

In addition to the suggestions below, the Centers for Disease Control and Prevention's [@CDCReady](#) and [@CDCEmergency](#) feeds can be retweeted as relevant information and links are tweeted.

Tweets

#Wildfires are affecting air quality in [insert region]:
<http://oregonsmoke.blogspot.com/>

Hazy air? Check DEQ's Air Quality Index before heading out:
<http://oregonsmoke.blogspot.com/> #wildfires

Use #wildfires to get the latest wildfire info, or check
<http://oregonsmoke.blogspot.com/>

Populations sensitive to #wildfires smoke should limit outdoor activities.
<http://oregonsmoke.blogspot.com/>

Drink lots of water! Keeping hydrated minimizes health effects from
#wildfire smoke.

Stay safe from #wildfire smoke. Visit <http://oregonsmoke.blogspot.com/>

Facebook

Benefits to Facebook postings is that conversations can take place among fans (although this needs moderation).

All of the above tweets can be cross-posted as Facebook messages. However, the following suggestions have images and links that can also be posted. For more suggestions, visit the Centers for Disease Control and Prevention's Facebook page at <https://www.facebook.com/cdcemergency> to repost useful links, webpages, photos, and tips.

Facebook posts

Wildfires are unpredictable and can quickly send smoke into Oregon communities. DEQ's Air Quality Index (AQI) is a color-coded tool that shows air pollution levels. Green is good, yellow is moderate, orange is unhealthy for sensitive groups, and red is unhealthy for all groups. <http://www.deq.state.or.us/aqi/index.aspx>

Need an excuse to avoid yard work? As smoky air persists, avoid strenuous outdoor activities. Find your community's air quality levels at the Oregon Smoke blog:

<http://oregonsmoke.blogspot.com/>.

To protect yourself and your family from wildfire smoke, limit outdoor activities during poor air quality times. Check the Oregon Smoke blog for the latest information:

<http://oregonsmoke.blogspot.com/>

High smoke levels can have hazardous impact on health. People with respiratory or heart disease, the elderly, and children should stay inside and contact their healthcare providers if they become ill. Check the Oregon Smoke blog for the latest information:

<http://oregonsmoke.blogspot.com/>

Hazy outside? Scratchy throat? People in smoky areas should drink lots of water. Keeping hydrated reduces the smoke that can travel deep into your lungs.

Check the Oregon Smoke blog for the latest information:

<http://oregonsmoke.blogspot.com/>

Do you bike to work? To reduce exposure to smoky wildfire air, bike commuters should avoid overly strenuous rides and stay hydrated. Consider taking public transportation.

Check the Oregon Smoke blog for the latest information:

<http://oregonsmoke.blogspot.com/>