

November 16, 2016

## 4 Tips for Staying Healthy While Smoke is in the Air

A [Code Orange \(Unhealthy for Sensitive Groups\) Air Quality alert](#) has been issued for Beaufort County by the SC Department of Health and Environmental Control. Numerous large wildfires within the southern Appalachian Mountain Region are producing large smoke plumes that are creating unhealthy breathing conditions in our area. Here are a few tips to make sure you're healthy during the present air conditions:

1. Thousands of area residents commute more than 30 minutes to work each day. Whether you're crossing the Broad River Bridge or traveling down Highway 278, if you have your car's air conditioner on, keep the air re-circulator running to avoid smoke getting into the car's air flow.
2. If you're a fan of keeping the windows open to circulate that lovely Lowcountry breeze, unfortunately, now is not the time. DHEC advises that you keep your windows closed.
3. Beaufort County is home to hundreds of restaurants with outdoor seating areas with breathtaking views. Feel free to go out to grab a bite at your favorite restaurant. Just take an indoor seat until the smoke clears.
4. Are you a pet owner who likes to keep your front door open as you watch your dog Spot relax on the porch? Until air quality improves, bring Spot inside and keep your doors closed.

For information about the areas affected by the smoke and for current conditions of the wildfires, please click [here](#).

