



PATHWAYS ADVISOR

— Guidance. Clarity. Confidence. —



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Licensed Medicare Advisor

Pathways Advisor

Protect Your Health During Colorado's Smoky Days

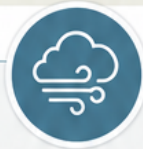
Wildfire smoke can affect air quality and may impact your breathing, heart health, and overall well-being—especially for seniors and those with chronic conditions.

Use these practical tips to stay safe and healthy.



1 STAY INDOORS WHEN AIR QUALITY IS POOR

- Keep windows and doors closed
- Use air conditioning on recirculate mode
- Run HEPA air purifiers if available
- Create a “clean air” room (usually the bedroom)
- Avoid indoor pollutants like candles, incense, frying, and vacuuming without HEPA filtration



2 CHECK AIR QUALITY DAILY

Check the Air Quality Index (AQI):

- 0–50 Good
- 51–100 Moderate
- 101–150 Unhealthy for sensitive groups
- 151+ Unhealthy for everyone

Limit outdoor exposure when AQI is above 100, especially for seniors.



3 LIMIT OUTDOOR ACTIVITY

- Avoid strenuous exercise outdoors
- Postpone hiking, biking, and other outdoor activities
- Keep outdoor time short
- Use recirculate mode in your vehicle
- Move workouts and activities indoors when possible



4 STAY HEALTHY

- Drink plenty of water
- Keep inhalers and medications accessible
- Shower after being outdoors to remove particles from skin and hair
- Get plenty of rest if you feel fatigue or irritation
- Eat a balanced diet to support your immune system



5 WHEN TO CALL YOUR DOCTOR

Contact your healthcare provider if you experience:

- Shortness of breath or wheezing
- Chest tightness or pain
- Persistent coughing
- Dizziness or worsening respiratory symptoms



Call 911 for emergencies.

I'm here to help you navigate Medicare with clarity and confidence—every step of the way.



QUESTIONS ABOUT MEDICARE?

I provide guidance for Medicare Advantage Plans, Medicare Supplement Plans, Prescription Drug Plans, and annual plan reviews—and more.



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