

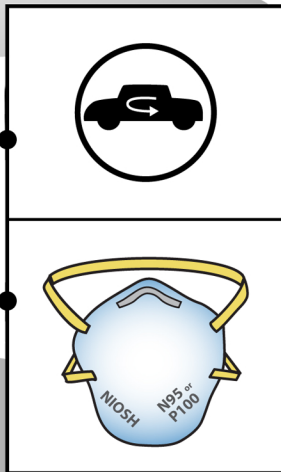


Reduce health risks in areas with wildfire smoke:

Follow these tips, especially if someone in your family (including you!) has heart or breathing problems, is an older adult or child, or is pregnant.

DO

- Stay inside
- Pay attention to local advisories and check air quality (airnow.gov)
- Set car A/C on recirculate (to keep smoke out)
- Keep a supply of medicine and non-perishable food
- Use a well-fitted N-95 or P100 respirator if outside and smoky. Not approved for children at this time.
- Prepare to evacuate if smoke levels get too high



KEEP AIR CLEAN

Close windows and doors.
Close fresh intake on A/C units.
If your home is too warm, try to stay with friends or relatives.

Use a portable air cleaner with HEPA filters properly sized for a specific room.

DON'T

- X** Play or exercise outdoors
- X** Fry or broil foods, which can add particles to indoor air
- X** Use a fireplace, gas logs or gas stove
- X** Smoke indoors
- X** Vacuum, it can stir up dust

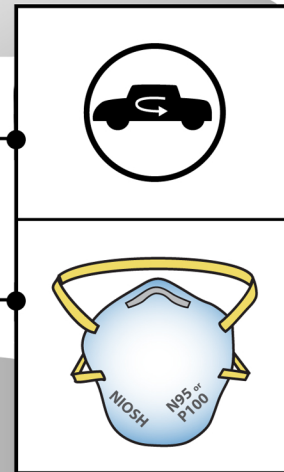


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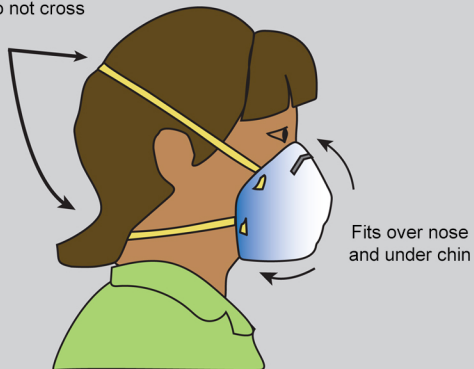


The right respirator* and proper fit can reduce your exposure to wildfire smoke.

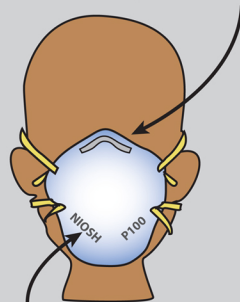
Cloth (wet or dry), paper masks, and tissues will **NOT** filter out wildfire smoke. Look for respirators (masks) marked NIOSH with N95 or P100. They can be found online, or in hardware, home repair, or drugstores.

* Respirators are not designed to fit children. Facial hair prevents proper fit and reduces effectiveness.

1 strap above and 1 strap below ears.
Do not cross



Pinch bar to shape of nose



NIOSH with N95 or P100

Respirator should collapse as you breathe in and not let air in from the sides.

Ask your doctor before using if you have heart or lung health issues.

Throw mask away if it's dirty or you find it difficult to breathe.

If you are dizzy or nauseous, go to where there is less smoke and seek medical attention.

Use a respirator only after first trying other, more effective methods to avoid smoke. That includes staying indoors and reducing activity. When possible, people at risk should move away from the smoke area.

[airnow.gov](https://www.airnow.gov)

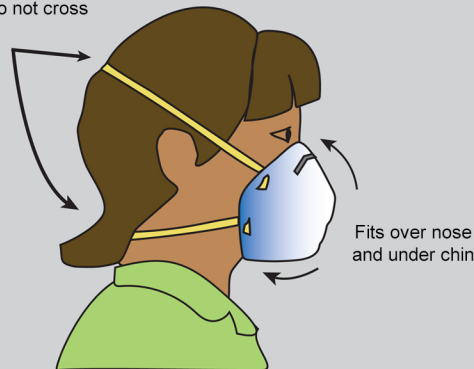


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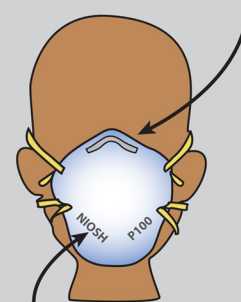
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