

WILDFIRE SMOKE TIPS



Air pollution, such as wildfire smoke, is a growing concern. These tips will help protect you against smoke and ash before, during, and after a wildfire.



What is wildfire smoke?

A mix of gases and fine particles from burning trees and plants, buildings, and other material.



How can wildfire smoke affect my health?

Breathing in smoke can cause

- Asthma attacks
- Chest pain
- Coughing
- Fast heartbeat
- Headaches
- Irritated sinuses
- Runny nose
- Scratchy throat
- Stinging eyes
- Tiredness
- Trouble breathing
- Wheezing



How can I reduce my exposure to wildfire smoke?

Use a NIOSH Approved N95 respirator outdoors

- To work properly, your N95 respirator should be
 - » close to your face
 - » fit under your chin
 - » cover your nose and mouth
- Wearing other face coverings such as surgical masks, bandanas, or neck gaiters will not protect you against wildfire smoke.

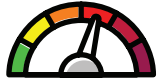
Use air filters indoors

- Choose a room, close it off from the smoky outdoor air, and use a portable air cleaner or high-efficiency filter to keep the indoor air clean.
- If you are experiencing homelessness, go to a safe indoor location—if possible, with filtered air—to avoid pollution.

Stay in spaces where smoke levels are low

- If you are not ordered to evacuate but it's still smoky outdoors, stay inside in a safe location, or go to a community building where wildfire smoke levels are lower.

You can always reduce your exposure to all types of air pollution by



Checking air quality forecasts at AirNow.gov and following the recommendations there



Staying indoors



Choosing easier or lighter activities (if you must be outdoors)



Avoiding busy roads and highways where pollution is worse

