

HOW YOU CAN

BE SMOKE SMART

Every year wildfires threaten our homes and communities, and their smoke impacts our health. If you smell smoke or see ash in the air, follow these tips to protect yourself.

MONITOR AIR QUALITY

Knowing how much the smoke is affecting the air quality in your area is the first step in better protecting yourself from wildfire smoke. Air quality can be monitored from the following websites:

- **AirNow App:** Monitor air quality anywhere, and view a live fire and smoke map
- **AlertWildFire.org:** See live videos from areas affected by fire and smoke

WHEN THERE'S SMOKE

DO

- ✓ **Follow instructions from local officials to keep yourself and your family safe.**
- ✓ **Stay inside with the doors and windows closed.** Run your A/C with the fresh air intake closed ("recirculate mode") to keep smoke from getting indoors.
- ✓ **Use a portable air purifier to reduce indoor air pollution.**
- ✓ **Reduce smoke in your vehicle.** Close the windows and vents and run the air conditioner in recirculate mode.
- ✓ **Follow your healthcare provider's advice.**

DON'T

- ✗ **Don't rely on dust masks or bandanas for protection from smoke.** An N95 respirator can protect you if it fits snugly to your face and is worn properly. These are not recommended for children.
- ✗ **Don't add to indoor air pollution.** Don't burn candles or use gas, propane, wood-burning stoves, fireplaces, or aerosol sprays. Don't fry or broil meat, smoke tobacco products or vacuum. All of these can increase air pollution indoors.

