### BEFORE AN EVENT

**Make a Plan.**
Identify public places in your community that will have cleaner, cooler air. Remember heat is dangerous too.

**Consider Your Health.**
Have a health condition? Talk with your doctor about how to protect yourself on smoky days.

**Prepare Living Space.**
Replace leaky windows and seal openings with caulk. Consider purchasing a HEPA air purifier.

### DURING AN EVENT

**Stay Indoors.**
This is the best defense against poor air quality. Keep windows and doors closed. Stay home, or go someplace with cleaner air.

**Stay Informed.**
Sign up for alerts in your area. Local smoke levels can rise and fall rapidly.

**What About Masks?**
N-95 respirators are no substitute for being indoors. Not an option? Here are some facts to consider:

- **N-95s must be fitted and worn properly.**
- **N-95s are not safe for children.**
- **N-95s may be dangerous for people with heart or lung conditions.**

If an N-95 makes you feel better, wear it. If you feel worse, don’t! N-95s are not meant for everyone.

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*When in Doubt, Seek Shelter Indoors.*

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Brought to you by The Bay Area Air Quality Management District, The Association of Bay Area Health Officials, and The Bay Area Urban Areas Security Initiative