

Protect Yourself on Smoky Days

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.

When in Doubt, Seek Shelter Indoors.

