

# WILDFIRE SMOKE PREPAREDNESS TIPS

## PROTECT YOURSELF FROM WILDFIRE SMOKE

- Smoke can irritate the eyes and airways, causing cough, a dry scratchy throat and irritated sinuses. Stay hydrated.
- Elderly persons, pregnant persons, children and individuals with heart or lung disease are at higher risk during smoke events.
- Concerned individuals should contact their health care provider if they have cough, shortness of breath, or other symptoms believed to be caused by smoke.

## HOW TO PREPARE FOR WILDFIRE SMOKE

- Weatherize your home in preparation for wildfires by replacing or fixing old leaky windows and doors; use caulking to seal the cracks and holes to prevent smoke from entering the house.

- Consider purchasing a non-ozone producing air purifier (HEPA) to create a cleaner air room in the home.
- Or consider purchasing a MERV 13 or greater filter for your heating and cooling system to be used when smoke is impacting your area.

Learn more about air filters:  
<https://bit.ly/3UTkjlq>.

- If you are unable to seal your home or if dense smoke occurs during hot weather, visit locations in your community that have cleaner filtered air spaces such as:
  - Clean Air Center
  - Indoor shopping malls
  - Local libraries
  - Cooling centers
  - Community centers
  - Civic centers
  - Local government buildings
- Check-in on neighbors or at-risk community members to provide assistance, if needed.

## WHAT TO DO DURING A SMOKE EVENT

- Staying indoors with windows and doors closed, if temperatures allow, is the best way to protect your health. During high heat and heavy smoke, keep indoor air cool and use an air filter, or visit a Clean Air Center: [arb.ca.gov/cleanaircenters](http://arb.ca.gov/cleanaircenters).
- Set car ventilation systems to recirculate to prevent outside air from moving inside.
- Avoid adding additional air pollution by curtailing activities such as wood burning, lawn mowing, leaf blowing, driving, barbecuing or other dust producing activities.
- For those who must be outside, consider wearing a properly fitted N-95 mask. Bandanas and typical surgical masks do little to protect against smoke particles.
- Check air quality on the EPA Fire & Smoke map at [fire.airnow.gov](http://fire.airnow.gov) and take steps to avoid exposure.
- Your pets can be affected by wildfire smoke. Learn the signs: <https://bit.ly/44mch7G>.



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