

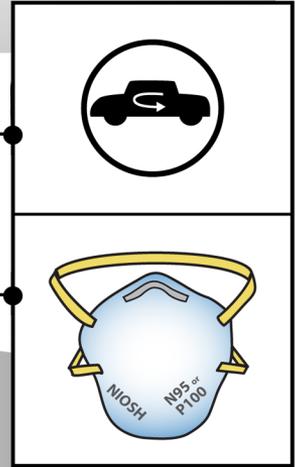


# Reduce health risks in areas with wildfire smoke:

**Follow these tips, especially if someone in your family (including you!) has heart or breathing problems, is an older adult or child, or is pregnant.**

## DO

- Stay inside
- Pay attention to local advisories and check air quality ([airnow.gov](http://airnow.gov))
- Set car A/C on recirculate (to keep smoke out)
- Keep a supply of medicine and non-perishable food
- Use a well-fitted N95 or P100 respirator if you go outside when it is smoky
- Prepare to evacuate if smoke levels get too high



## KEEP AIR CLEAN

Close windows and doors.  
Close fresh intake on A/C units.  
If your home is too warm, try to stay with friends or relatives.

Use a portable air cleaner with HEPA filters properly sized for a specific room.

## DON'T

- X** Play or exercise outdoors
- X** Fry or broil foods, which can add particles to indoor air
- X** Use a fireplace, gas logs or gas stove
- X** Smoke indoors
- X** Vacuum, it can stir up dust

