



The right respirator* and proper fit can reduce your exposure to wildfire smoke.

Cloth (wet or dry), paper masks, and tissues will **NOT** filter out wildfire smoke. Look for respirators (masks) marked NIOSH with N95 or P100. They can be found online, or in hardware, home repair, or drugstores.

* Respirators are not designed to fit children. Facial hair prevents proper fit and reduces effectiveness.

<p>Ask your doctor before using if you have heart or lung health issues.</p>	<p>Throw mask away if it's dirty or you find it difficult to breathe.</p>	<p>If you are dizzy or nauseous, go to where there is less smoke and seek medical attention.</p>
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Use a respirator only after first trying other, more effective methods to avoid smoke. That includes staying indoors and reducing activity. When possible, people at risk should move away from the smoke area.