

WILDFIRE SMOKE EDUCATION: A 10-STEP GUIDE

to protect your lungs



1

Sign up for CAL FIRE text alerts

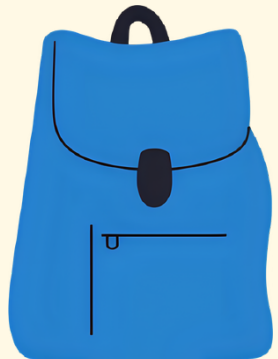
Sign up to receive local wildfire text alerts from CAL FIRE at <https://plan.readyforwildfire.org/en>.



2

Check the Air Quality Index (AQI)

There are many ways to check the local AQI, including the weather app on your Smartphone, websites like [AirNow.gov](https://airnow.gov), or watching a local news broadcast with AQI information.



3

Create a 'GO' bag

Pack an emergency 'GO' bag in case you need to leave quickly. Be sure to include your medicines and supplies for breathing problems, like inhalers, airway devices, or a nebulizer with a power cord.



4

Stay indoors and reduce indoor pollution

Close windows and doors. Reduce other sources of indoor pollution (cigarette smoke, wood burning stove, frying food, and vacuuming).



5

Create a clean room

Stay in a room inside your home that has few doors and windows. If you can, use an air conditioner, air purifier, or air filter to clean the air. Click [here](#) to learn how to create a clean room and a DIY air filter.



6

Use central air conditioner and HEPA filters

Use central air conditioner/heat or set to fan mode to filter indoor air. High Efficiency Particulate Air (HEPA) filters are high quality filters for residential use to reduce indoor air particulate matter.



7

Reduce physical activity

Limit any outdoor activities, especially strenuous physical activity.



8

Wear an N95 mask

An N95 mask can reduce inhalation of particulates if properly fitted. A surgical or simple dust mask will not protect against particulates.



9

Close car windows and circulate air

When in a vehicle, keep the windows closed and set the air to recirculate.



10

Evacuate to areas with better air quality

Consider evacuating to areas with better air quality, especially if you have COPD, asthma, emphysema, or any other lung disease.