

IS YOUR FAMILY READY FOR WILDFIRE SMOKE SEASON?

Who is more sensitive to wildfire smoke?



Children and teens



Pregnant people



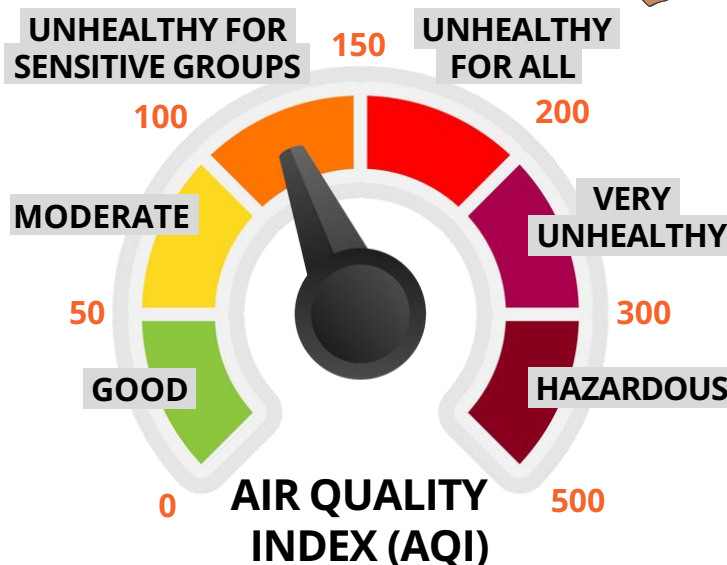
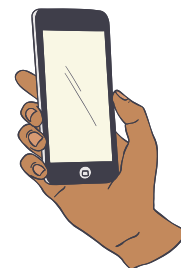
People with heart or lung conditions, such as asthma



Elders

How do I know if the air is unhealthy?

Go to [AirNow.gov](https://airnow.gov) or use your weather app to find the AQI.



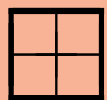
What should I do when it's smoky out?



Avoid smoky air. If you are in a sensitive group, move indoors if the AQI is 100+. Everyone should move indoors when the AQI is 150+.



Move to a cooler place like a mall, library, or other air-conditioned building if it gets too hot.



Close windows and doors and run an air conditioner or fan to stay cool.



Wear a N95 or KN95 mask if you need to go outdoors.



Keep indoor air clean. Use an air purifier with a HEPA filter or make your own box fan filter.



Call or text 911 if someone has trouble breathing or chest pain.



Frequently asked questions about wildfire smoke



Video: How to make a do-it-yourself box fan filter

