

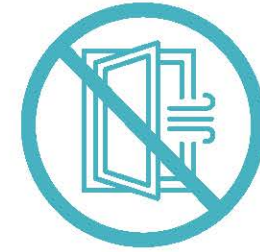
DURING A WILDFIRE – PROTECT YOURSELF

IF YOU SMELL SMOKE OR SEE ASH DUE TO A WILDFIRE, HERE ARE WAYS TO LIMIT YOUR EXPOSURE:



Remain indoors with windows and doors closed or seek alternate shelter.

Avoid using a whole-house fan or a swamp cooler with an outside air intake.



Avoid vigorous physical activity.



If you must be outdoors in smoky conditions, keep it brief, and use a disposable respirator (N-95 or P-100).



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Run your A/C if you have one, change your filter often (MERV 13 +), or run a portable HEPA purifier.



Avoid using indoor or outdoor wood-burning appliances, including fireplaces, and combustion sources like candles and incense.



Wildfire smoke can cause unhealthy air quality in areas many miles away from the fire. Smoke conditions change quickly, so check your air quality using the South Coast AQMD app or on our interactive map at AQMD.gov. Older adults, young children, pregnant women, and people with heart diseases or lung diseases (such as asthma) may be especially sensitive to health risks from wildfire smoke.