EPA Reduce health risks in areas with wildfire smoke:

Especially if you have family members with heart or breathing problems, or are older adults, children, or pregnant women.

**DO**
- Pay attention to local advisories and check air quality (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 N-95 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 Fry or broil foods, which can add particles to indoor air
- X Use a fireplace, gas logs or gas stove
- X Play or exercise outdoors
- X Smoke indoors
- X Vacuum, it can stir up dust