



AIR QUALITY NOTICE

Quick Tips for Maximizing Indoor Air Quality during the Hollywood Fire Emergency

- **Be mindful of air quality in our neighborhood.**
- **Monitor AirNow.gov for forecasts and real-time updates.**
- **Keep all windows and doors closed.**
- **Use duct tape, foam, or damp towels to seal any gaps around windows and doors.** If you can see light through a crack, unhealthy air can enter.
- **If you have an air purifier, run it at full speed.** (We know, it might be a little noisy -- but it's worth it.)
- **If you don't have an air purifier, consider acquiring one.** Look for a purifier with a HEPA filter. HEPA is not a brand, it's a standard (99.97 particles at 0.3 microns -- smoke is a very fine particle).
- **Minimize time outdoors.**
- **If you must go outdoors, wear an N95 mask or better (a cartridge respirator is best).** Ensure the mask forms a tight seal around your face. If you have facial hair, consider shaving it. The mask should exhibit negative pressure (that is, bending inward) when you inhale. Understand that a surgical mask (or COVID-style mask) will NOT help you avoid smoke inhalation. Smoke is a tiny particle, and will simply travel through -- or around -- such a mask. A damp cloth or t-shirt may be worn over the mouth in extreme circumstances; be sure to hold it tight to the face. Such a solution is not ideal, but is better than nothing.
- **Practice good air hygiene.** Your lungs self-cleaning mechanism (tiny cilia) are already stressed from the fire smoke. So take it easy on them. Even if you usually smoke cigarettes (or other things), try not to smoke for the duration of the fires. Avoid sweeping your home or burning candles, incense, or wood. To clean, use a vacuum with a HEPA filter, or wet-dust surfaces with a damp cloth. Stay extra hydrated, as hydration will aid your lungs' natural cleaning mechanisms.
- **Children, the elderly, and those with pre-existing respiratory ailments are particularly at risk** -- they must exercise extreme caution.
- **Protect your pets; they have little lungs too.**

This special message from the 5550 Social Committee is not medical advice.
It is not intended to treat, prevent, or diagnose any condition.
For further guidance, consult a physician.