

Wildfire Smoke

Wildfires are increasing in size and intensity across Canada and the US, making it important to understand how to protect yourself and your loved ones from wildfire smoke exposure.



Wildfire smoke can travel hundreds to thousands of miles, which can affect air quality even in places distant from the fire.

THINGS YOU CAN DO:

Outdoors

Wear a mask. Well-fitted masks (N95 and KN95) provide the best protection.

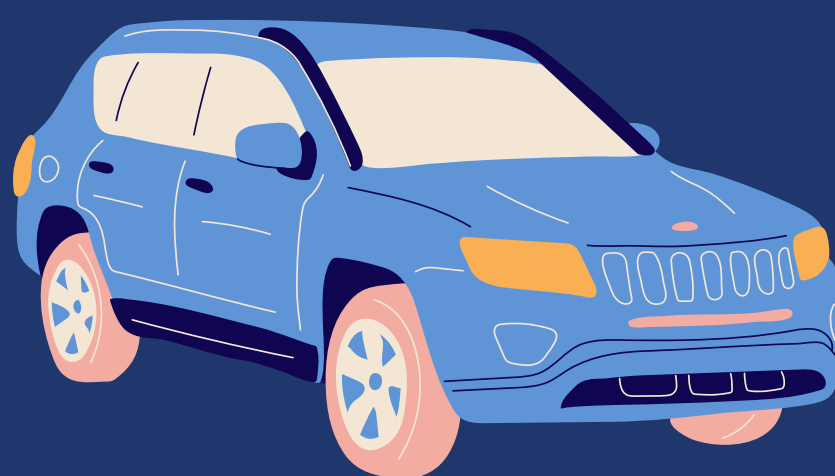
Do not burn trash or wood as this can increase exposure to soot and worsen air quality.



In the car

Try to keep windows closed, if possible.

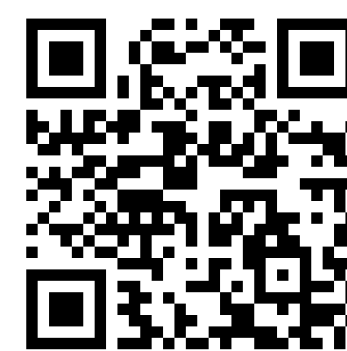
Re-circulate air (heating or air conditioning) within the car.



At home

Stay indoors with windows closed, if possible. Avoid burning candles or smoking tobacco products indoors.

Use portable air cleaners and/or high efficiency filters in your air conditioner, if available.



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This message was developed by the Johns Hopkins BREATHE Center. A digital copy is available at breathecenter.org