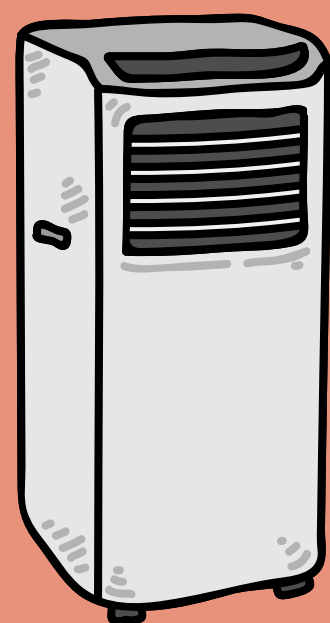


TIPS TO PROTECT YOURSELF FROM WILDFIRE AIR POLLUTION

MINIMIZE SMOKE EXPOSURE



Try to stay indoors!

- Stay indoors with windows closed, if possible.
- Circulate air with fans and air conditioning; use HEPA filters if available.
- Instead of exercising outdoors, find ways to stay physically active indoors.

When outdoors,

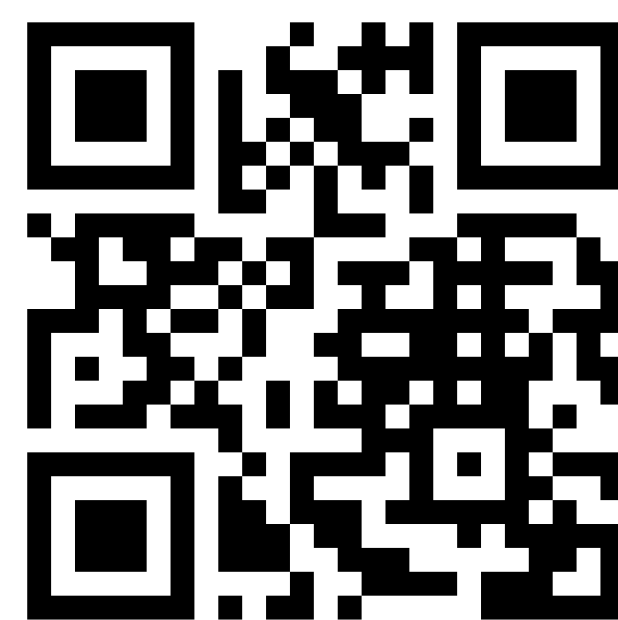
- Wear a mask. Well-fitted masks (N95 and KN95), provide the best protection.

When in a vehicle,

- Re-circulate air conditioner and keep windows closed



MONITOR THE AIR QUALITY DAILY



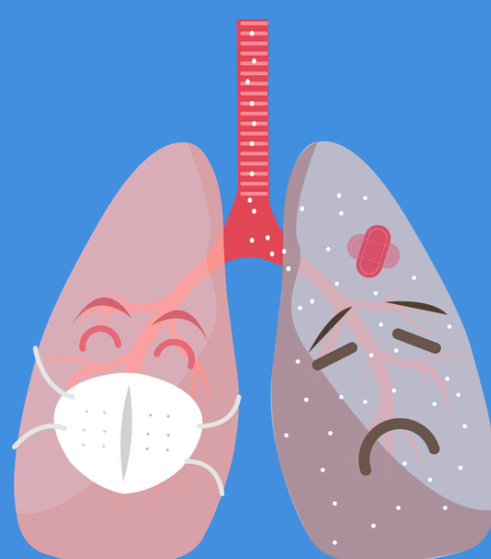
**AIR QUALITY INDEX
REPORTS CAN BE FOUND
AT [AIRNOW.GOV](https://airnow.gov)**

AMERICAN LUNG ASSOCIATION-COPING WITH WILDFIRE SMOKE VIDEO



PAY ATTENTION TO ANY HEALTH SYMPTOMS

BREATHING IN WILDFIRE SMOKE CAN CAUSE...



- Cough
- Difficulty breathing
- Wheezing
- Tiredness
- Headaches
- Chest pain

... and more

SENSITIVE POPULATIONS

This may include those with asthma, COPD, heart disease, children, older adults, and those who are pregnant.



SEEK MEDICAL ATTENTION IF NEEDED

TAKE CARE OF YOURSELF AND YOUR COMMUNITY

- Reach out to loved ones and community members whose health may be especially sensitive during this time.
- Make sure everyone has the medicine and supplies they need.
- Find ways you can spend time together indoors.



**BREATHE
CENTER**

BRIDGING RESEARCH, LUNG HEALTH & THE ENVIRONMENT
This message was developed by the Johns Hopkins BREATHE Center.
A digital copy is available at breathecenter.org