

# Wildfire- Air Quality



- Close and lock all outside windows and doors
- If you have an air-conditioner, keep the fresh-air intake closed and the filter clean to prevent outdoor smoke from getting inside
- Avoid running fans, such as “whole-house fans” or “fresh air ventilation systems”, that bring more smoky outdoor air inside
- Reduce levels of physical activity, as necessary, to decrease the inhalation of airborne pollutants
- Individuals with respiratory conditions (such as COPD and asthma), and individuals with existing cardiovascular conditions (such as angina, previous heart attack and congestive heart failure), may notice a worsening of symptoms, due to the poor air quality conditions. These individuals should monitor for worsening of symptoms and take the precautions routinely recommended by their physicians if a worsening of symptoms occurs.
- Use of N95 masks is adequate to filter the particles from the air.