



PLAN NOW TO LIMIT EXPOSURE TO WILDFIRE SMOKE

Learn How to get Prepared Before the Next Smoke Event Happens

Staying indoors with doors and windows closed helps to keep smoke out. For that reason, plan now and consider the following:



Use Air Conditioners with HEPA Filters

Look at AC settings for re-circulating mode and use high efficiency HEPA air filters – have extras in your emergency kit and know how to replace them.



Create a Clean Room

Consider a CARB-Certified Air Cleaner and place it in a room most used with fewest windows & doors. Don't use "Ozone" air cleaners – they make smoky air worse.



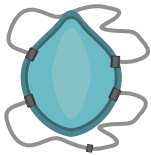
Make A Plan for Temporary Relocation

No AC or re-circulating mode? Develop plans for temporary relocation during smoke events. Find cleaner, filtered air at friend/family homes or at public indoor spaces.



Make a Plan for Your Health

Contact your healthcare provider now to discuss how to manage chronic health conditions due to smoke exposure.



N95 Respirator Masks, Use Only if Necessary and Safe

N95 masks may cause difficulty breathing, especially with lung conditions – contact your health provider, first. Add N95 masks to emergency kits and learn how to wear correctly. N95 masks are not made for children and dust/surgical masks, towels/bandanas do not filter smoke.



Resources

For more information, go to [SacramentoReady.org](https://www.SacramentoReady.org) or [AirQuality.org](https://www.AirQuality.org)