

# REDUCE WILDFIRE SMOKE EXPOSURE AT HOME







PROTECT YOUR HOUSEHOLD NOW!



**PEOPLE MOST AT RISK:** those with heart and lung issues, children, pregnant women and adults over 65. Wildfire smoke contains small particles, known as **PM2.5**, and can get deep into the lungs.

**SYMPTOMS OF WILDFIRE SMOKE EXPOSURE** can include chest pain, irregular heartbeat and shortness of breath as well as headaches, sore throat, coughing and eye irritation.

## TIPS TO PROTECT YOURSELF AND YOUR HOUSEHOLD

-  **Keep medications and prescriptions (inhalers) on hand** during wildfire season and call your doctor if you have symptoms.
-  Create a cleaner air space in your home using a **MERV 13 filter** in your air conditioning or heating unit, a portable air cleaner with a **mechanical HEPA filter**, or a **DIY fan filter** made with a MERV 13 filter and a box fan.
-  **Set AC to recirculate** in home and car, and **clean filters** often.
-  **Limit exercise and time outdoors;** if you must be outside, wear a **NIOSH-certified N95 respirator**.
-  Drink plenty of **water**.
-  Pay attention to **local advisories** and **check local air quality** at [www.airnow.gov](http://www.airnow.gov).



Scan the QR code or visit [www.aft.org/health-hub](http://www.aft.org/health-hub) to learn more about wildfire hazards, emergency preparedness and response at the **AFT Health Hub**.

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