

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.
-  **Close windows and doors** when possible.



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

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