How to Reduce Wildfire Smoke Exposure For Kids



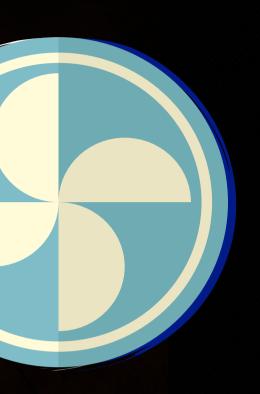


Go Somewhere Without Smoke

~50-80% Go inside with (1) HVAC & MERV 13 filter or

~80% **Recirculate the** air in your car

~80% Wear a small size **NIOSH N95 Mask correctly**









Go Inside and **Shut Windows**

For Short Periods of Time: -

~20% Wear a medical mask correctly DO NOT spend unnecessary time outside if the AQI is in the unhealthy ranges.

Cloth face coverings (like those for COVID) DO NOT reliably filter out small smoke particles.



More resources: wspehsu.ucsf.edu