How to Reduce Wildfire Smoke Exposure For Kids

- **Go Somewhere Without Smoke**
  - $\leq 100\%$

- **Go inside with**
  - $\sim 50\%-80\%$
  - (1) HVAC & MERV 13 filter
  - (2) a portable HEPA air cleaner

- **Go Inside and Shut Windows**
  - $\sim 30\%$

**For Short Periods of Time:**

- $\sim 80\%$
  - Recirculate the air in your car

- $\sim 80\%$
  - Wear a small size NIOSH N95 Mask correctly

- $\sim 20\%$
  - 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