

How to Reduce Wildfire Smoke Exposure For Kids and Pregnant People



▼ $\leq 100\%$

Go Somewhere Without Smoke



▼ $\sim 50-80\%$

**Go inside with
(1) HVAC & MERV 13 filter
or**

(2) a portable HEPA air cleaner



▼ $\sim 30\%$

**Go Inside and
Shut Windows**



▼ $\sim 80\%$

**Recirculate the
air in your car**



▼ $\sim 80\%$

**Wear a 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 DO NOT reliably filter out small smoke particles.

----- **For Short Periods of Time:** -----

