How to Reduce Wildfire Smoke Exposure For Kids and Pregnant People

- ▼ ≤ 100%
  Go Somewhere Without Smoke

- ▼ ~50-80%
  Go inside with
  (1) HVAC & MERV 13 filter or
  (2) a portable HEPA air cleaner

- ▼ ~30%
  Go Inside and Shut Windows

For Short Periods of Time:

- ▼ ~80%
  Recirculate the air in your car

- ▼ ~80%
  Wear a NIOSH N95 Mask correctly

- ▼ ~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.