Some Masks Protect You and Your Family from Wildfire Smoke More than Others

When there is smoke outside, the best place to be is an indoor space with good air quality. If you don’t have access to a clean indoor space, consider a mask when the AQI is 151 or higher or if your child is coughing. Certain types of masks can move you into a healthier AQI category. For example:

**In unhealthy conditions:**
- **N95 mask**: 80% effective
- **Medical mask**: 20% effective

We expect that exposure to smoke particles will be decreased by these amounts, but the decrease could be more or less depending on the specific mask and how well it fits.

Find out more about the health impacts of wildfire smoke exposure [here](http://wspehsu.ucsf.edu).