

WILDFIRE SMOKE EXPOSURE

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:

AIR QUALITY INDEX

	VALUES
GOOD	0-50
MODERATE	51-100
UNHEALTHY FOR SENSITIVE GROUPS	101-150
UNHEALTHY	151-200
VERY UNHEALTHY	201-300
HAZARDOUS	301+

In unhealthy conditions:

medical mask
20%
EFFECTIVE



UNHEALTHY

NIOSH
N95
mask
80%
EFFECTIVE



MODERATE

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](#).

