

# 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

GOOD	VALUES
	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.

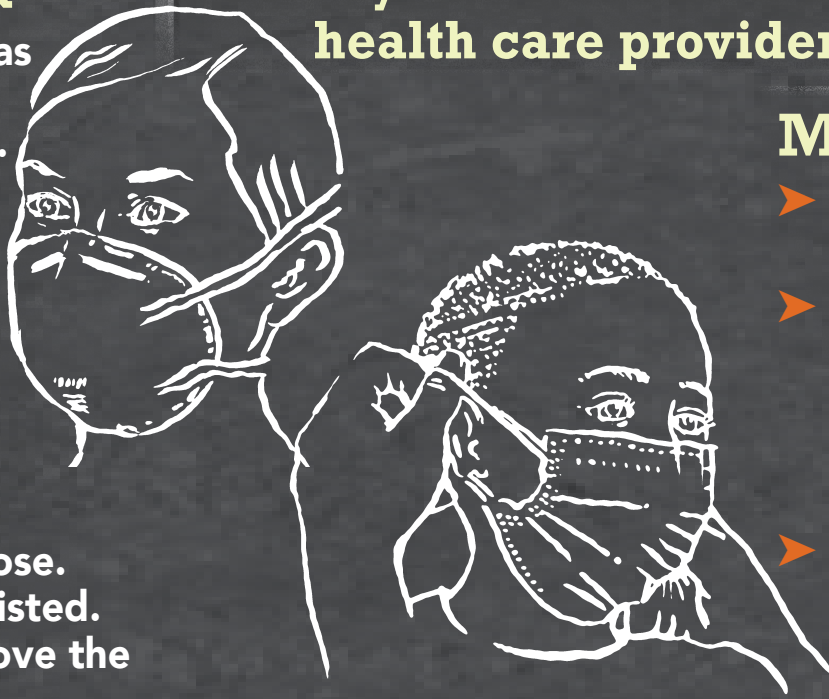
### Your child can use a mask safely when:

- They are awake and over age **2**;
- and:** They will tell you if they have problems with the mask so it can be taken off;
- and:** They will not pull on it or choke themselves with it;
- and:** They are supervised by an adult if they are young.

If you have concerns, check with your child's health care provider.

### NIOSH N95 mask

- Look for masks labeled as "NIOSH N95", these are the most effective masks.
- Children age 7 and older may be able to use small adult N95 masks. Choose the size that best fits their face.
- Put on the mask with the nose clip over the nose. Straps should not be twisted. One strap should go above the ears and one below.



### Medical/Surgical mask

- May provide some protection but less than NIOSH N95.
- The bigger the gaps between your child's face and the mask, the more smoke they will breathe in. A mask with ties usually seals tighter than one with ear loops.
- Select the size that best fits the face (some come in child sizes).



### Perform a seal check to improve the fit of the NIOSH N95.

- 1** Cup your hands around the edges of your child's face
- 2** Have the child blow out hard (like blowing birthday candles). Feel for air leaking out around the mask.
- 3** Have the child take a big breath in. Feel for air sucking around the edges. The mask should compress slightly toward the face.
- 4** If you felt any air moving around the edges of the mask, adjust the mask on the face and try again.