

How to Reduce Wildfire Smoke Exposure For Kids and During Pregnancy



▼ ≤ 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

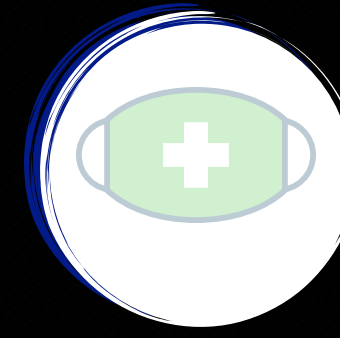
For Short Periods of Time:



▼ ~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.



WESTERN STATES
PEHSU
Pediatric Environmental
Health Specialty Unit

wspehsu.ucsf.edu

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