

WILDFIRE SMOKE EXPOSURE

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

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.



Find out more about the health impacts of wildfire smoke exposure [here](#).

