

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.



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