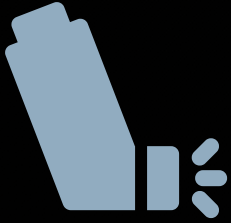
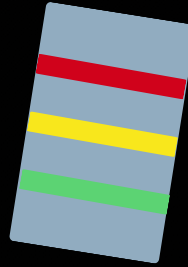


Tips to Protect People with Asthma and Allergies From Wildfire Smoke



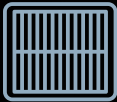
**Keep
medications on
hand during
wildfire season**



**Include wildfire
smoke and air
pollution events
on your asthma
action plan**



Create a cleaner air space in your home, using:



**A MERV13 filter
in your AC or
heat**



**A portable air cleaner (one
with a mechanical HEPA
filter not an ionizer)**



**A DIY fan filter
made with one or
more MERV13 filters**



**Limit time
outdoors. If you
have to be outside,
wear a NIOSH-
certified N95.**



More wildfire resources:



wspehsu.ucsf.edu