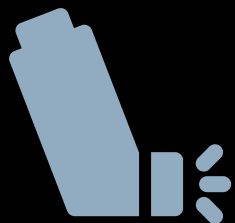
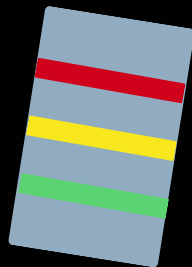


# Tips to Protect People with Asthma and Allergies From Wildfire Smoke



**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](https://wspehsu.ucsf.edu)