

What to Do During a Wildfire Smoke Event

Simple steps to reduce smoke exposure, protect vulnerable people and keep indoor air as clean as possible.



Priority: reduce inhalation first. Fine smoke particles can travel deep into the lungs, so exposure control matters more than trying to push through.

1



Check the AQI daily

Use a reliable air-quality app or local authority. Plan outdoor activity around current conditions.

5



Avoid outdoor exercise

Postpone strenuous outdoor activity until smoke clears and AQI improves.

2



Stay indoors when smoke is heavy

Keep windows and doors closed. Close fresh-air intakes where possible.

6



Use proper respiratory protection

Wear an N95 or KN95 outdoors when smoke cannot be avoided.

3



Create a clean-air room

Choose one room, keep it closed, and run a HEPA purifier if available.

4



Improve filtration

Use a HEPA air purifier or a MERV 13 HVAC filter when compatible with your system.

7



Protect higher-risk people

Take extra care with children, pregnancy, older adults, asthma/COPD, heart disease, diabetes or kidney disease.



Seek medical help urgently if there is shortness of breath, chest pain, severe wheezing, confusion, fainting, blue lips, or symptoms that rapidly worsen.