

Protecting Your Health from Wildfire Smoke & Ash

Wildfire smoke and ash can pose serious health risks and worsen air quality. They contain toxic particles that can irritate your skin, eyes, nose, throat, and harm your lungs and heart. If you or a loved one experiences chest pain or breathing issues, seek emergency medical attention immediately.



Avoid exposure to smoke, ash and poor air quality as much as possible:

- **Stay indoors** whether you're at home or in temporary shelter.
- **If you must go outside, wear an N95 or P100** to protect your lungs. A good mask also protects against viruses if you're staying in an evacuation shelter.
- **Set AC to re-circulate indoor air** (close outdoor air intakes) to avoid drawing smoky outdoor air inside. Change your air filter on a regular basis.
- **Run a HEPA air purifier** to improve indoor air quality. Avoid activities that create more indoor air pollution like smoking, frying food or burning candles.
- **Clean ash using wet cloths, mops or HEPA filter vacuums.** Avoid using a broom or a standard vacuum as those can spread harmful particles into the air. Wear gloves, long sleeves and an N95 or P100 mask while cleaning.

For more wildfire information and resources visit go.cdph.ca.gov/wildfires

