Wildfire smoke

Smoke can reach you far from the fire. The plan is a cleaner room and a way to check the air.

CHECK THE AIR

- Look up your local Air Quality Index at airnow.gov, or in a weather app that shows it.
- Readings of 101 and up are unhealthy for sensitive groups, and 151 and up are unhealthy for everyone.
- Children, older adults, pregnant people, and people with asthma, heart or lung conditions are more sensitive.

MAKE ONE CLEANER ROOM

- Pick a room, ideally one you can sleep in, and keep the windows and doors closed.
- Run a portable air cleaner in it. Make sure the size suits the room.
- If you have central air, ask your installer whether it can take a MERV 13 or higher filter.

KEEP SMOKE FROM GETTING WORSE INSIDE

- Do not burn candles, incense, or a fireplace.
- Skip frying and broiling on the stove, and skip vacuuming, which stirs up fine dust.

IF YOU HAVE TO GO OUTSIDE

- Cloth and paper masks do not filter fine smoke particles. A NIOSH-approved N95 or P100 respirator does, if it seals tightly to your face.
- CDC says children 2 and older can wear a respirator or mask if it fits. A poor fit gives little protection, so ask your child's doctor if you are unsure.
- Keep pets indoors as much as you can.

IF YOU ARE TOLD TO LEAVE

- Follow evacuation orders. Do not wait for the smoke to get worse.
- Take your go bag, medicines, pets and papers, and tell your out-of-area contact where you are headed.

For our household

Our cleaner room

Our air-quality source

Air cleaner or filter size

Replace filter on

Respirators kept at

Sources: CDC, Wildfire Smoke and Your Health (AQI, clean room, respirators, indoor air); EPA AirNow (AQI categories); ready.gov, Wildfires (evacuation). Checked October 2026. This is general guidance, not medical advice. Ask a doctor about heart, lung, or pregnancy concerns.