

## How to Stay Healthy During the Fires

### Top 10 Tips from the CTS

Wildfire smoke can irritate your eyes, nose, throat, and lungs. It can make you cough and wheeze, or just make it hard to breathe. Inhaling smoke can be especially dangerous for asthmatics but anyone at risk, including those with lung or heart disease, pregnant women, older individuals or children need to take special care and consider consulting with their doctor about specific precautions.

1. **Stay indoors** with windows and doors closed.
2. **Reduce physical activity**
3. **Reduce other sources of indoor air pollution**  
(smoking cigarettes, wood-burning stove, frying meat.) \ Do not vacuum anywhere in the house.
4. **Use central air conditioner** or filters:  
(Even your home's heater set to the fan mode may be able to filter out some of the particles by "re-circulating" the indoor air through the filter.)
5. **Use air purifiers with HEPA filters**  
(Note: do not use ones that produce ozone such as "super oxygenators")
6. **Inside vehicles**, keep windows and doors closed and run the air conditioner. Set air to re-circulate.
7. An **N95 or greater mask** can help reduce inhalation of particulates IF it fits properly. A surgical or simple dust mask will *not* protect against particulate exposure. *None* of these masks protect against hazardous gas inhalation.

The following video demonstrates how to properly put on an N95 mask.  
[https://m.youtube.com/watch?v=0d\\_RaKdqeck](https://m.youtube.com/watch?v=0d_RaKdqeck)

8. **Consider evacuation** to areas with lower AQI (air quality index) for persons with respiratory health problems (especially with asthma, COPD / emphysema.)
9. **Create a clean room at home**,  
Use an interior room with as few doors and windows as possible using air conditioners and room air cleaners
10. **Asthmatics** should ensure that they taking their maintenance ("controller") medications or talk with their doctor about getting on an appropriate regimen.

### References

1. [http://www.bepreparedcalifornia.ca.gov/Documents/wildfire\\_may2016.pdf](http://www.bepreparedcalifornia.ca.gov/Documents/wildfire_may2016.pdf)

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