

Children and Wildfire Smoke Quick Guide



Printable family reference - FireSeasonWellness.com

TODAY

- ☐ Keep prescribed medicines, spacers, action plans, and clinician contacts ready.: Ask the child's clinician how to adjust activities during smoke.
- ☐ Use a filtered room and reduce strenuous activity when air quality is poor.: Indoor air must also be protected from cooking smoke and other particles.
- ☐ Children age 2 and older may wear a mask or respirator that fits comfortably and stays in place.: Adult occupational N95s may not fit children; never place masks on children under 2.
- ☐ Seek care for trouble breathing, persistent cough, worsening asthma, unusual sleepiness, or refusal to eat or drink.: Call 911 for severe breathing difficulty or other emergencies.

REMEMBER

- ☐ Act early for children: keep them in cleaner air when AQI is poor, follow asthma plans, limit outdoor exertion, and seek help for breathing trouble or unusual sleepiness.
- ☐ Follow official evacuation orders, local public-health guidance, and individual medical or veterinary advice.