

Wildfire Smoke Health Guide Quick Guide



Printable family reference - FireSeasonWellness.com

TODAY

- ☐ Review current AQI, the primary pollutant, local smoke maps, and emergency alerts.: Conditions can change quickly with wind and fire behavior.
- ☐ Shorten time outdoors, lower exertion, and use cleaner indoor air.: Exposure depends on both pollution level and how much air you breathe.
- ☐ A well-fitting NIOSH-approved N95 can reduce particle exposure when outdoor time is unavoidable.: It does not filter gases and does not replace evacuation.
- ☐ Move to cleaner air and follow medical action plans when symptoms begin.: Seek urgent help for severe breathing trouble, chest pain, fainting, confusion, or blue/gray lips.

REMEMBER

- ☐ The most effective response to wildfire smoke is to reduce exposure: check AQI, move activity indoors, filter indoor air, and act early when symptoms begin.
- ☐ Follow official evacuation orders, local public-health guidance, and individual medical or veterinary advice.