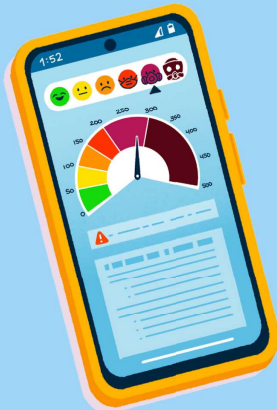


# WILDFIRE SMOKE & YOUR HEALTH



**Public Health**  
Prevent. Promote. Protect.



## STAY INFORMED

The Air Quality Index or AQI is a guide for measuring pollution in the air around us. Find the current AQI in your area by visiting <https://aqi.oregon.gov/> or download the AirNow smartphone app.

Follow @WashingtonCountyHHS on Facebook or visit [wcor.us/pollution](https://wcor.us/pollution) (or scan QR code) for health information and air quality updates.



## AVOID SMOKY AIR

Smoky air can make anyone sick. Stay inside as much as possible. Avoid outdoor activities. If you have to go outside in smoky air, wear an N95 mask. Keep pets inside.



## KEEP INDOOR AIR CLEAN

- **Close windows and doors.** Open them when air quality is good.
- **Use fans or air conditioner.** Set home or car air systems to recirculate mode.
- **Change the filter** on your heating and cooling system. Use **MERV 13** filter or higher.
- Consider buying a portable air cleaner with a **high efficiency particulate air (HEPA) filter**, especially if you have health conditions that could get worse with smoke.
- **Create a clean air room.** Use an air purifier with a HEPA filter. You can also make your own air filter fan by using a box fan. See back side of this flyer for instructions.
- Don't smoke, use candles or vacuum when air quality is poor. Avoid frying or broiling food.



## GET HELP & HELP OTHERS

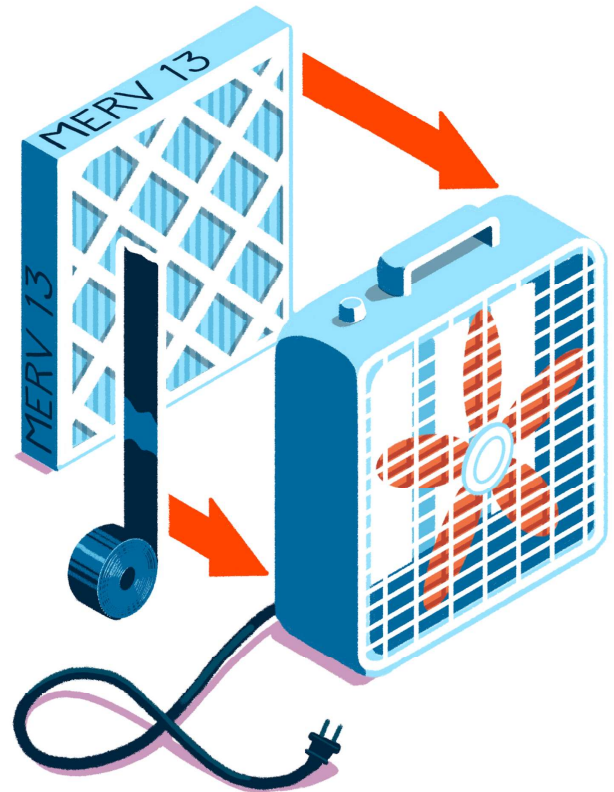
People who are more sensitive to smoky air pollution include children, pregnant people, and those with asthma or heart or lung conditions. Talk to your doctor about whether your health conditions put you at greater risk on smoky days. Call 9-1-1 if you or someone else has serious symptoms like trouble breathing. Check on your neighbors. If your home is too smoky, go to a place with air conditioning. Wildfire smoke can be stressful. **It's okay to ask for help if you need it!**

# HOW TO USE YOUR FAN AS AN AIR FILTER

## What you need:

- Box fan: Only use a box fan made in 2012 or later. They have a safety device to prevent fires.
- 20" x 20" furnace filter (MERV 13)
- Tape (painter or duct)

**Instructions:** Find the side of the box fan that is pulling air in. Put the filter on this side of the fan. The arrow printed on the filter should point toward the fan in the same direction as the air is moving. Use tape to attach the filter to the fan.



## Create a clean air room in your home:

- A clean air room is a room that is set up to keep smoke levels as low as possible during smoky air events.
- Keep windows and doors closed.
- Run the filter fan for at least 10-15 minutes.
- Never leave a box fan filter on when you are away or asleep.
- Change the filter when it looks dirty.

**Watch a short video for instructions:**

[https://youtu.be/ujUFj2G9\\_-Y](https://youtu.be/ujUFj2G9_-Y)

