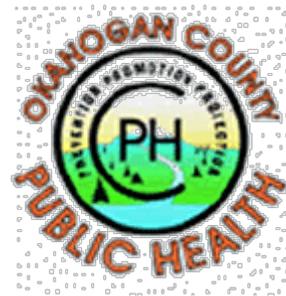


Wildfire, Smoke, and COVID-19 Safety



- During wildfires and smoke events, the air quality can become hazardous. Poor air quality can cause people to experience mild to severe symptoms.
- Early evidence also indicates wildfire smoke exposures can make people more susceptible to COVID-19 and that poor air quality can make symptoms and outcomes in people with COVID-19 more severe.
- With COVID-19, the best way to protect yourself from exposure to wildfire smoke is to stay indoors and keep indoor air clean.

Symptoms from Smoke Exposure

- Eye, nose, and throat irritation
- Headaches
- Wheezing or Coughing
- Chest tightness or Shortness of breath

Seek medical attention when experiencing severe symptoms. Treat fever, cough, or shortness of breath, like it could be COVID-19 and protect others by staying home. If you are concerned about your health, call your health care provider.

Reducing Smoke in Your Home

- Close windows/doors when smoky outside; open windows to let in fresh air when air quality is better
- Set air conditioners to re-circulate
- Avoid burning candles/incense, smoking, broiling/frying foods, and vacuuming, as these can add to indoor pollution.
- Use a portable air cleaner with a HEPA filter
- Build your own box fan filter <https://bit.ly/3kcx6do>

Wearing Masks – Cloth and N95's

- If you have to be outdoors when the air is smoky, consider wearing an N95 mask.
- N95 masks can help protect your lungs from wildfire smoke, but must be worn properly to work. Straps go above and below the ears and adjust the mask so that air cannot get through at the edges.
- Watch this video on how to use an N95 respirator: <https://youtu.be/ctDtPzgSMiU>
- Cloth face coverings generally do not provide much protection from breathing in wildfire smoke. However, it is important to continue to wear cloth face coverings to reduce the risk of COVID-19.

Evacuating Your Home & Staying at a Shelter

- If you decide to leave the area and visit friends or relatives, consider if either they or you are more sensitive to COVID-19 and should be especially cautious.
- If you evacuate to a community shelter, wear cloth face coverings and stay physically distanced, if possible.

People at Higher Risk

- People with heart and lung diseases
- People with respiratory infections
- People with diabetes
- Stroke survivors
- Infants, children, and pregnant women
- People over 65 years of age

Some of these groups are also those most at risk for COVID-19.

Monitoring Air Quality

Monitoring air quality can help you know current and forecasted conditions. Monitor air quality and get the latest information on the

Washington Smoke Blog:

<https://wasmoke.blogspot.com/p/forecasts.html>

