

# Be Prepared for Wildfire Smoke

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**Wildfire smoke carries the same health risks as wood smoke, except there's much more of it.**



**PUGET SOUND  
Clean Air Agency**

## **FINE PARTICLES**

**Smoke is full of small particles, which can be especially dangerous for sensitive groups — children, older adults and people who are pregnant, have heart or lung issues (such as asthma and COPD), or who have had a stroke.**

### **WHAT IS FINE PARTICLE POLLUTION?**

Fine particles are tiny, microscopic pieces of pollution that can enter your blood stream and cause breathing and heart problems. The health effects even from short-term exposure are serious, and include:

- Asthma attacks
- Heart attacks
- Strokes
- Premature death

### **WHERE DOES IT COME FROM?**

Fine particle pollution comes from burning fuels, such as gasoline, diesel, or wood. It can also come from wildfire smoke. To protect our air quality during a wildfire smoke episode, this may prompt the Clean Air Agency to issue a temporary burn ban against additional wood burning.

# YOU CAN TAKE STEPS TO BE PREPARED FOR WILDFIRE SMOKE AHEAD OF TIME.

## CREATE A PLAN



Create a plan in advance with your doctor or medical professional for your family.

## AIR PURIFIER



If you can, purchase an indoor high-efficiency air purifier or make your own

## OUTDOOR ACTIVITIES



Use your best judgement when planning outdoor activities and stay indoors if the air looks or smells smoky.

## CLEAN AIR SPACES



Stay with friends, family, or neighbors, or in a large commercial building with air conditioning.

## COOLING CENTERS



Cooling centers, like libraries or community centers, can be a good place to avoid smoky air.

## LIMIT TIME OUTDOORS



To limit your time outdoors, stock up on necessities like food and medications.

## CHECK THE FORECAST



Check the air quality forecast regularly on our website [www.pscleanair.gov](http://www.pscleanair.gov)

## MASKS



N95 or N100 masks can protect you, but aren't for everyone. Use only as a last resort. Please check with your doctor.

# ADDITIONAL INFORMATION

**You can make a filter fan to help clean your indoor air.** All you need is a box fan, furnace filter (MERV-13 or better), and a bungee cord or tape.

- Learn how at [www.pscleanair.gov/filterfan](http://www.pscleanair.gov/filterfan)

**Designate a room in your home to be a “clean room.”** This room should have as few windows or doors as possible, and they should be closed, to keep smoke out. Use an indoor air purifier or filter fan to make the room even cleaner.

**Know where the closest cooling center is to you.** Contact your County’s Public Health Department.

- King: [www.kingcounty.gov/health](http://www.kingcounty.gov/health)
- Kitsap: [www.kitsappublichealth.org](http://www.kitsappublichealth.org)
- Pierce: [www.tpchd.org](http://www.tpchd.org)
- Snohomish: [www.snohd.org](http://www.snohd.org)

**Stay in the know.** Sign up for wildfire smoke alerts.

- Text alerts  
Text WILDFIRES to 313131
- Email alerts  
[www.pscleanair.gov/Email-Notifications](http://www.pscleanair.gov/Email-Notifications)

**You can find more resources:**

- EPA Smoke-Ready Toolkit  
[www.epa.gov/smoke-ready-toolbox-wildfires](http://www.epa.gov/smoke-ready-toolbox-wildfires)
- Washington State Department of Health  
[www.doh.wa.gov/WashingtonWildfires](http://www.doh.wa.gov/WashingtonWildfires)
- Washington Smoke Blog  
[www.wasmoke.blogspot.com](http://www.wasmoke.blogspot.com)





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**WEBSITE**  
**[pscleanair.gov](https://pscleanair.gov)**

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