



# Protecting Your Family From WILDFIRE SMOKE



It is possible that wildfires will make smoke in your area this summer. The following information will help you prepare in case that happens.

## **Safety Tips to Protect Yourself and Your Family**

- Pay attention to air quality reports. These will be found on radio, TV or in the newspaper and will include instructions about outdoor activities and safety measures. They can also be found at [www.ncuaqmd.org](http://www.ncuaqmd.org) or by calling the NCUAQMD Air Quality Information hotline toll-free at (866) 287-6329.
- Keep indoor air as clean as possible. Close all windows and doors. If it is too hot with the windows closed, consider visiting a place with air conditioning for relief. Avoid smoking tobacco inside, frying food, or burning candles.
- Use common sense. If it looks smoky outside keep children occupied with quiet indoor activities. Keep car windows closed while driving and run the air conditioner on the inside air setting.
- Contact your doctor now if you have health concerns. For example, if your child has asthma, discuss what you should do if the air in your neighborhood becomes smoky.
- Closely monitor your health during smoky conditions. If you or members of your family have lung or heart disease, contact your doctor immediately if symptoms get worse.

## **Important to Remember**

- Children, the elderly, pregnant women and people with lung and heart problems are more likely to be affected by health threats from smoke.
- Dust masks and wet or dry bandanas do not protect lungs from wildfire smoke. Choose a mask called a “particulate respirator” that has the word “NIOSH” and either “N95” or “P100” printed on it.

## **Air Conditioning and Swamp Cooler Information**

- Run an air conditioner if you have one, but keep any fresh air intake closed and filter clean to prevent outdoor smoke from getting inside. If you see heavy, visible smoke outside, don’t use a swamp cooler.

## **For More Information:**

NCUAQMD Air Quality Hotline: 1-866-BURN-DAY (1-866-287-6329) or [www.ncuaqmd.org](http://www.ncuaqmd.org).

[www.humboldthealthalert.org](http://www.humboldthealthalert.org)  
[www.fire.ca.gov](http://www.fire.ca.gov)  
[www.inciweb.org/state/5](http://www.inciweb.org/state/5)

For accurate information on local health issues.  
Wildland fire information from the California Department of Forestry.  
Wildland fire information for fires managed by a Federal Agency.

**North Coast Unified  
Air Quality Management District**  
707 L Street, Eureka, CA 95501  
(707) 443-3093  
[www.ncuaqmd.org](http://www.ncuaqmd.org)

