

CLEAN INDOOR AIR DURING WILDFIRES

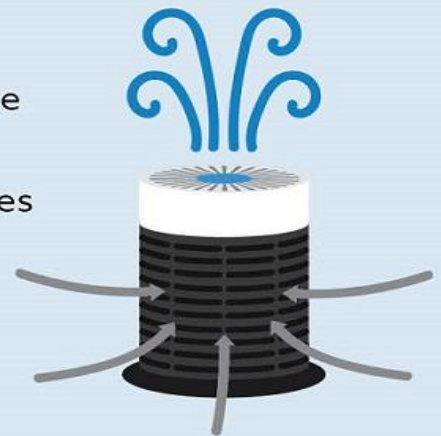
Smoke and ash from wildfires contain very small particles known as particulate matter. These particles harm the lungs and heart, and can cause coughing, wheezing, difficulty breathing, chest pain, nausea, and in severe instances, premature mortality. Kids, seniors, pregnant women, and people with heart or lung disease are especially sensitive. The best protection against wildfire smoke is to stay indoors as much as possible when smoke is present. Before the next wildfire, take steps to ensure your family will have safe indoor air quality.

How to Choose & Use an Air Purifier

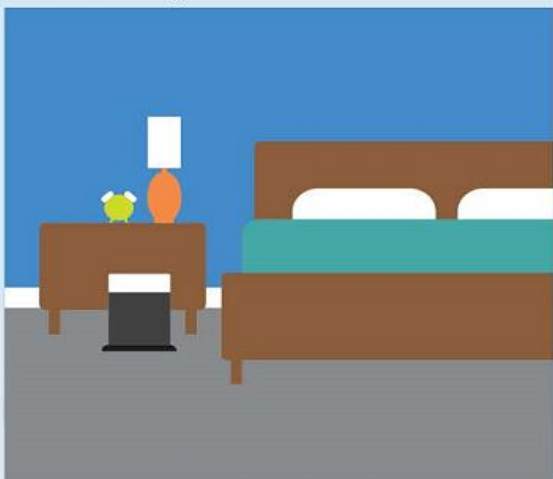
HEPA (High-Efficiency Particulate Air) purifiers can reduce particulate matter indoors by 90%.

Choose one that's right for you. They come in various makes and models, for different room sizes. A HEPA purifier for average-sized bedroom costs approximately \$75.

You can purchase one at a hardware store or through online retailers.



Make sure it doesn't create ozone! Find a list of safe options online:
www.arb.ca.gov/research/indoor/aircleaners/certified.htm



Use the purifier in a room where you spend a lot of time, like a bedroom.

Check your windows and doors and make sure the room is sealed tightly so smoke from the outdoors does not get pulled inside.

Make sure to replace the filter as directed in the owner's manual - filters need to be replaced more frequently when used during a wildfire.



Mendocino County Air Quality Management District
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