

Reducing Wildfire Smoke Exposure for Children

Recommended actions to achieve safer levels of smoke exposure for children.



Find somewhere without smoke

APPROX. REDUCTION

▼ **100%**



Stay inside with:

- a portable HEPA air cleaner
- HVAC/MERV 13 filter

▼ **50-80%**



Stay inside and shut windows

▼ **30%**

— For shorter periods of time —



Recirculate the air in your car

▼ **80%**



Wear a NIOSH N95 mask correctly

▼ **80%**



Wear a medical mask correctly

▼ **20%**

DO NOT spend unnecessary time outside if the AQI is in the unhealthy ranges.

Cloth face coverings (like those for COVID) **DO NOT** reliably filter out small smoke particles.



For more resources:
wspehsu.ucsf.edu