

SMOKE READY CHECKLIST

From home to highlands, protect your lungs and keep your indoor air clean.

ENSURE YOU CAN CREATE CLEAN INDOOR AIR.

Choose a room you can close off from outside air. Get an indoor air cleaning system set up. Options include:

- ▶ If you have HVAC, install the highest-rated MERV filter your system can handle.
- ▶ Use a portable air purifier with a HEPA filter.
- ▶ Attach a MERV-13 furnace filter to a box fan for an inexpensive DIY air cleaner.

Check and replace filters ahead of wildfire season.



KNOW HOW TO GET AIR QUALITY INFORMATION.

Before making plans, especially if they're outdoors, check a reliable source for the current air quality and adjust accordingly.

For more information on air quality and fires, visit [AirNow.gov](https://www.airnow.gov)

Okanogan County has a large number of sensors providing highly local information; find them at [PurpleAir.com/map](https://purpleair.com/map)



MAKE A PLAN FOR VULNERABLE HOUSEHOLD MEMBERS.

Consider how to keep children, seniors, pregnant women, those with heart or lung disease, and outdoor workers out of smoky air whenever possible.

For more on children's health and wildfire smoke, visit wspehsu.ucsf.edu



CONSIDER IDEAS TO STAY MENTALLY STRONG AND ENGAGED.

Social connection is key when you're isolated indoors.

- ▶ Identify someone you can ask for help, and someone who you can help.
- ▶ Make and post a list of things that have helped you cope with smoke in the past.



GATHER N95 MASKS.

If you must be outside in heavy smoke, an N95 mask is essential. Cloth masks provide very little protection from wildfire smoke.



**OKANOGAN
CLEAN AIR**

To learn more visit
SmokeReady.org