

HEALTH EFFECTS OF WILDFIRE SMOKE

Smoke consists of gases and fine particles that are produced when wood and other organic materials burn. The fine particles in smoke (also known as PM2.5) are microscopic and pose the biggest health risk. PM2.5 can enter the eyes and respiratory system, leading to problems like burning eyes, runny nose, bronchitis, and worsening chronic heart and lung diseases. These microscopic particles are also linked to premature deaths.

Know Your Risk

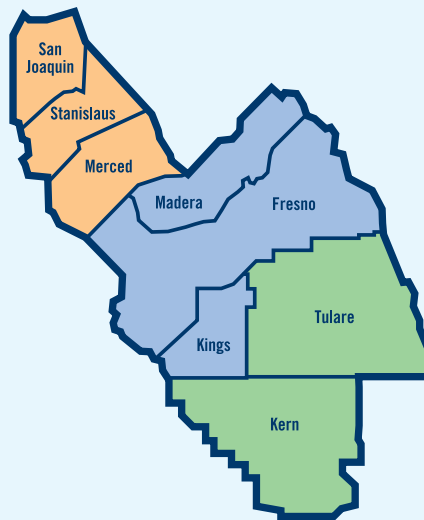
Everyone should minimize their exposure to wildfire smoke. However, certain groups are at higher risk for severe health effects, including:

- People with asthma and other respiratory diseases
- People with cardiovascular disease
- Children (younger than 18)
- Pregnant people
- Older adults
- Outdoor workers

If you have existing health conditions, follow your doctor's advice for dealing with particulate matter exposure and contact them if your symptoms worsen.

To stay informed about the latest wildfires affecting the San Joaquin Valley, visit the District's Wildfire Prevention & Response page at valleyair.org/wildfires. It also provides current air quality and additional health-protective tips for staying safe during smoke events.

For more information, visit valleyair.org
or contact the nearest District office.



Northern Region

Serving San Joaquin, Stanislaus and Merced counties

4800 Enterprise Way, Modesto, CA 95356-8718

Tel: 209-557-6400 FAX: 209-557-6475

Complaint Line: 1-800-281-7003

Central Region (Main Office)

Serving Madera, Fresno and Kings counties

1990 E. Gettysburg Avenue, Fresno, CA 93726-0244

Tel: 559-230-6000 FAX: 559-230-6061

Complaint Line: 1-800-870-1037

Southern Region

Serving Tulare and Valley air basin portions of Kern counties

34946 Flyover Court, Bakersfield, CA 93308-9725

Tel: 661-392-5500 FAX: 661-392-5585

Complaint Line: 1-800-926-5550



Follow us on social media

WILDFIRE SMOKE READINESS

*How to protect yourself
from wildfire smoke*



San Joaquin Valley
AIR POLLUTION CONTROL DISTRICT.

1-800 SMOG INFO
valleyair.org

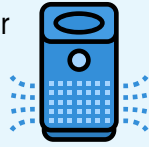
If you can smell smoke and see ash, you are being affected by poor air quality.

Plan Ahead, Create a Clean Air Room

Setting up a clean air room at home can help reduce exposure to wildfire smoke while sheltering indoors.

Buy an Air Purifier

Air purifiers are designed to filter the air in a single room or area. They vary in price and efficiency. Choose an option that is the right size for your room.



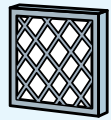
Stock up on HVAC Filters

Stock up on replacement filters. Use a high-efficiency filter (rated MERV 13 or higher) if your HVAC system can safely use one.



DIY Air Cleaners

If you can't get an air purifier, consider building a DIY air cleaner with a new box fan and a MERV 13 rated air filter.



20x20" air filter (MERV rating 13 or higher)



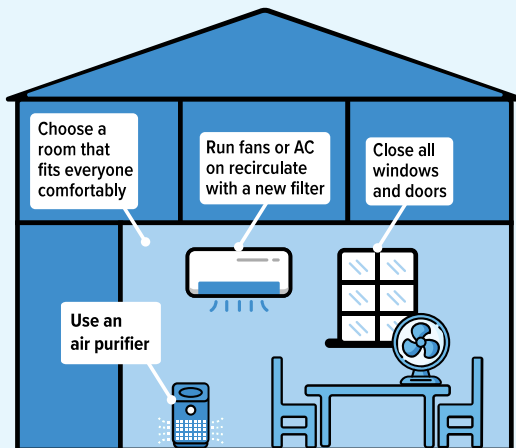
20x20" box fan (2012 model or newer)



Duct Tape

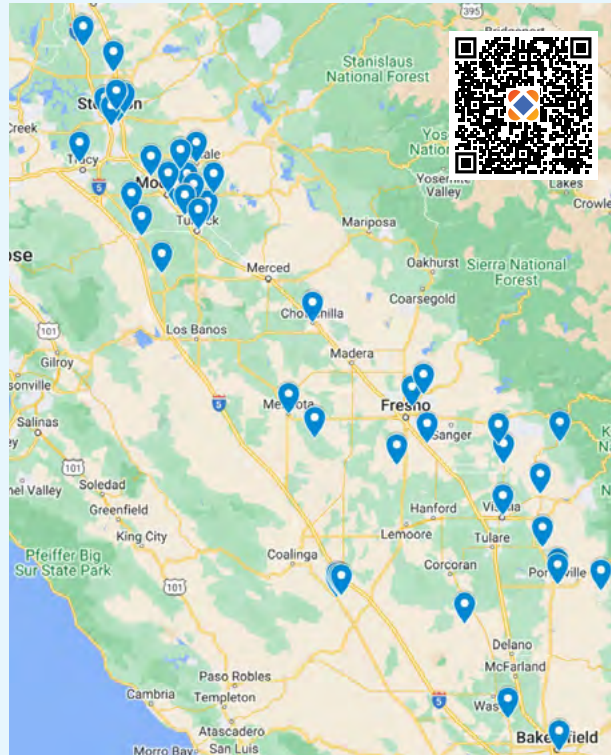
Assembly

Duct tape the air filter to the back of the box fan. (Make sure the filter's air flow arrows are facing toward the fan). Replace filters as needed.



Clean Air Centers

The Valley has a network of publicly accessible facilities with high-efficiency air filtration systems for Valley residents who may not otherwise have access to clean air during wildfire events.



Interested in Becoming a Clean Air Center?

Public and private entities like schools, libraries, community centers, senior centers, and sports centers can be eligible to obtain funding for commercial grade air filtration systems to become a Clean Air Center. For more information visit valleyair.org/cleanaircenters.

Stay Safe During a Fire

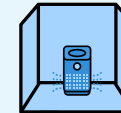
Use the Fire & Smoke Map

Smoke levels can change quickly and significantly during the day. Using the Fire and Smoke Map at fire.airnow.gov and understanding the Air Quality Index (AQI*) can help you plan your activities when smoke is in the air.

*The AQI is a numerical scale ranging from 0 to 500 that measures the concentration of pollutants in the air, such as PM2.5 and ozone. It categorizes air quality from "Good" to "Hazardous" based on potential health impacts.

Reduce Exposure Outdoors & Indoors

Limit your outdoor exercise when it is smoky outside and stay indoors as much as possible.



Use your clean air room

Air purifiers work best when doors and windows are tightly sealed.



Run your HVAC system

Replace the filters more frequently than usual.



Seek a Clean Air Center

Clean air centers provide a safe place with air filtration systems during periods of heavy smoke.



Wear an N95 mask

If you must be outdoors, N95 respirator masks can provide protection from wildfire smoke when properly fitted.