



## How to Reduce My Family's Exposure to Smoke Indoors?

When wildfires create smoky conditions, there are things you can do, indoors and out, to reduce your family's exposure to smoke. Reducing exposure to smoke is important for everyone's health — especially children, older adults, and people with heart or lung disease. If local officials advise you to stay indoors, take these actions in your home to reduce your smoke exposure:

- Keep windows and doors closed.
- Use fans and air conditioning to stay cool.
- Reduce the smoke that enters your home.
  - If you have a window air conditioner, close the outdoor air damper. If you cannot close the damper, do not use the window air conditioner. Make sure that the seal between the air conditioner and the window is as tight as possible.
  - If you have a portable air conditioner with a single hose, typically vented out of a window, do not use it in smoky conditions. If you have a portable air conditioner with two hoses, make sure that the seal between the window vent kit and the window is as tight as possible.
- Avoid activities that create more air pollutants, including:
  - Smoking cigarettes.
  - Using gas, propane or wood-burning stoves and furnaces.
  - Spraying aerosol products.
  - Frying or broiling food.
  - Burning candles or incense.
  - Vacuuming, unless you use a vacuum with a HEPA filter.
- Avoid hard work or high levels of activity during smoky times to reduce how much smoke you inhale.
- Air out your home by opening windows when the air quality improves, even temporarily.

**If you can't stay cool at home or are especially sensitive to smoke, it may be best to seek shelter elsewhere.**

- Stay with friends or family who are not affected by the smoke.
- Relocate (or go) to a public cleaner air shelter.
- Seek relief from the smoke in a large commercial building with air conditioning and good air filtration, like a shopping mall.