Parents Guide to Wildfire Protection

Help Families Stay Healthy and Reduce Exposure During a Wildfire.
Guidance and Sources
By EPA and NIOSH

1. Environmental Protection Agency
2. National Institute of Organization Safety and Health
3. Indoor Air Quality Guide to Building Policy and Responsible Owners and Managers
4 Wildfire Smoke Health Concerns

Increase in Particle Matter in the air (PM2.5, PM1, PM10) can cause serious respiratory and cardiovascular effects on lungs.

Increase of Carbon Monoxide & Dioxide in the Air can cause serious respiratory and cardiovascular effects on lungs.

Small matters and gases infiltrate homes through windows, doors during wildfires.

High Risk Individuals have cardiovascular or respiratory disease. Plus, older adults, children under 18 years of age, pregnant women, outdoor workers, and those of lower socio-economic status.
## Health Effects of Wildfire Smoke

### Short Term Exposure to Wildfire Smoke
- Coughing, Phlegm, Wheezing, Difficulty breathing

### Respiratory Effects
- Bronchitis, Reduced lung function, Increased risk of asthma exacerbation and aggravation of other lung diseases
- Increased risk of emergency room visits and hospital admissions

### Severe Effects
- Heart failure, Heart attack, Stroke, Increased risk of emergency room visits and hospital admissions, Increased risk of premature death
Why Occupant Education is Important

It is important to educate families about wildfire smoke in wildfire-prone areas because:

- Wildfires are increasing in size and intensity
- More people are living in the wildland-urban interface
- As the population ages, more people are at-risk from wildfire smoke
- There are steps families can take to reduce smoke exposure both indoors and outdoors
| **Dose** | Ambient Concentration  
| Minute Ventilation (Air Changes)  
| Duration of Exposure |
| **Limit** | Dose of exposure to particulate mater and gases with HEPA and Carbon Air Purifier to recirculate clean indoor air |
| **Check** | Check AQI Forecasts |
| **Pay** | Pay Attention to Current AQI (indoor and Outdoor) |
| **Use** | Use Common Sense |
9 Steps to Prepare for Wildfire Season

Know
Know where to find alerts – https://www.airnow.gov

Develop
Develop a disease management action plan based on exposure

Stock up
Stock up on medications and food

Upgrade
Upgrade HVAC filtration
9 Steps to Prepare for Wildfire Season Continued

Stay

Consider how to stay cool at home with doors and windows closed

Consider

Consider buying an Airpura T600/700DLX Air Purifier

Purchase

Consider purchasing respirators

Make

Make an evacuation/relocation plan

Protect

Protect pets
10 Strategies to Reduce Exposure

Stay
- Indoors When Appropriate

Reduce
- Activity levels outside

Close
- Vehicle windows recirculate mode on AC

Consider
- Wearing a respirator - “N95” or “P100”

Follow
- Guidance for children and schools
<table>
<thead>
<tr>
<th>Action</th>
<th>Description</th>
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<tbody>
<tr>
<td>Do Not Add</td>
<td>Indoor air pollution with candles and aerosols</td>
</tr>
<tr>
<td>Use</td>
<td>HVAC System effectively</td>
</tr>
<tr>
<td>Add</td>
<td>Airpura T600/700DLX Air Purifier (26lbs. Carbon + HEPA Clothe)</td>
</tr>
<tr>
<td>Create</td>
<td>Clean room in your home</td>
</tr>
<tr>
<td>Identify</td>
<td>Clean air spaces (museums, libraries, shopping malls, theatre, sports arenas, senior living homes)</td>
</tr>
<tr>
<td>Evacuate</td>
<td>If it is life threatening</td>
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Airpura T600/700 DLX Models, Filtration Designed Exclusively for Smoke Removal Ventilation