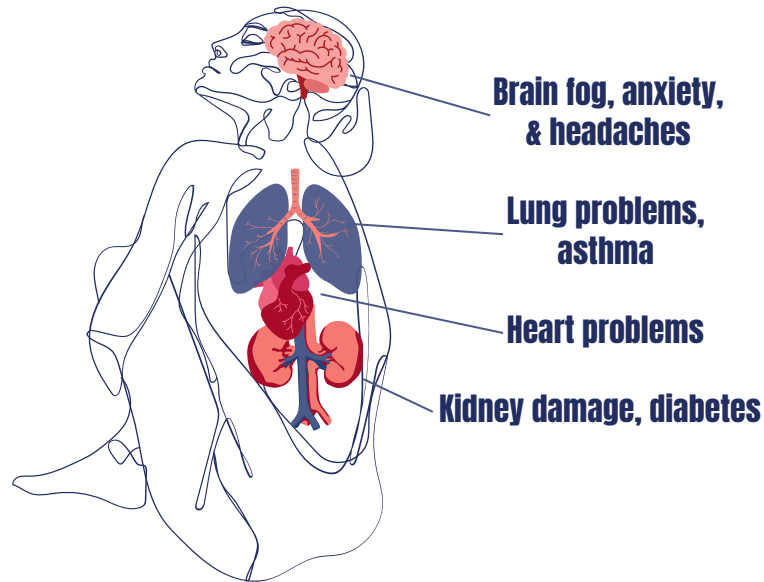
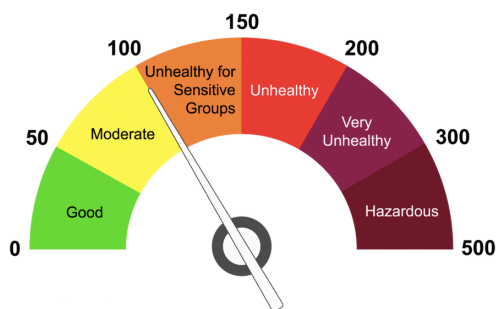


WILDFIRE SMOKE & YOUR BODY



The Air Quality Index shows the air quality in your area.



LOCAL AIR QUALITY

Online & App: [Airnow.gov](https://airnow.gov)

Flags: Find your nearest air quality flags at geopub.epa.gov/flagregistration/participants

Email: Enviroflash.info

DIY AIR FILTER

Supplies:

Box Fan

20-inch by 20-inch furnace filter
(MERV 13 or FRP 10)

Duct tape or Bungee Cord

1. Find the arrow on the side of the filter and point toward the fan.
2. Place the filter on the back of the fan (the side air goes into).
3. Use duct tape or bungee cord to attach the filter.
4. Close all windows and doors to keep new smoke from coming in.
5. Turn on your new air filter!

STAY SAFE IN UNSAFE AIR



Stay inside with windows closed. Use an air filter.



Don't burn candles, cook, or vacuum.



If you have to be outside, take it easy.



Use an N95 mask when outside.

