Effects of Wildfire Smoke on Health

How to Track Your Local Air Quality

Local and National Media: radio, newspaper, and television

Internet sites:
AIRNow (www.airnow.gov): air quality information from federal air quality monitors in Montana and across the nation.
AirNow Fire and Smoke map (https://fire.airnow.gov)

EMAIL: EnviroFlash (https://www.enviroflash.info/): provides AQI information via email.

IS YOUR HOME IN A WILDFIRE THREAT ZONE? https://hazards.fema.gov/nri/wildfire

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

The Air Quality Index scale links air quality to health effects and is commonly found on phone apps like Google Maps, AIRNow, and various weather apps.

How to Protect Your Health in Poor Air Quality

Stay inside with windows closed, & use a portable air cleaner
Use an N95 respirator
Reduce outdoor physical activity
Avoid burning candles, cooking and vacuuming
Check your air quality on airnow.gov

DIY CLEAN AIR FILTER

Supplies
- Box Fan
- 20-inch by 20-inch furnace filter (MERV 13 or FRP 10)
- Duct tape or Bungee Cord

Step 1: Find the arrow on the side of the filter and point toward the fan
Step 2: Place the filter arrow side on the back of the fan
Step 3: Take the tape or bungee cord and attach the filter to the fan
Step 4: Close all windows and Doors so as not to let smoke in the home.
Step 5: Turn on the fan.

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