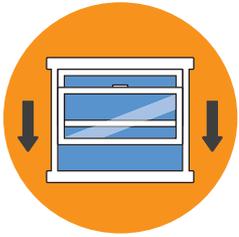
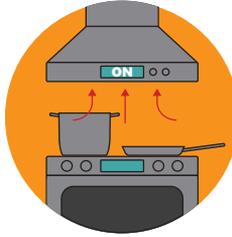


## Minimizing sources of indoor air pollution

Smoke and ash from wildfires contain tiny particles known as particulate matter. These particles harm the lungs and heart, and can cause coughing, wheezing, difficulty breathing, chest pain, nausea, and in severe instances, premature mortality. Kids, seniors, pregnant women, and people with heart or lung disease are especially sensitive. The best protection against wildfire smoke is to **stay indoors** as much as possible when smoke is present. Before the next wildfire, take steps to ensure your family will have safe indoor air quality.



If advised to stay inside, keep windows and doors shut.



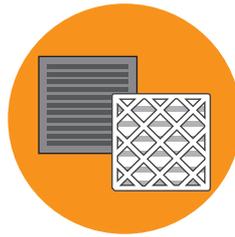
Use your range hood while cooking.



Do not smoke or burn firewood, candles, or incense in the house.



Contact a professional to check for air leaks with a blower door test.



Consult an HVAC professional to see what MERV rating your system can handle.

If temps are high and there is no way to keep the home cool with windows and doors shut, consider temporarily relocating until conditions improve.