



# PROTECT YOURSELF DURING WILDFIRE SMOKE

The San Joaquin Valley is one of the most polluted regions in the nation, and our air is made even worse by wildfire smoke. These are some ways you can protect yourself and your community.

**1 GET INFORMED**

Check your local air quality alerts and for wildfires in the region.

Sign up for alerts at: [sjvair.com/alerts](http://sjvair.com/alerts)

**2 STAY ALERT**

If you can smell smoke and/or see ash, stay indoors (if possible) or seek alternate shelter like a community center or library.

**3 FILTER THE AIR**

Check the filters in your home and car regularly. Wear an N95 mask outside and don't remove it unless away from smoke.

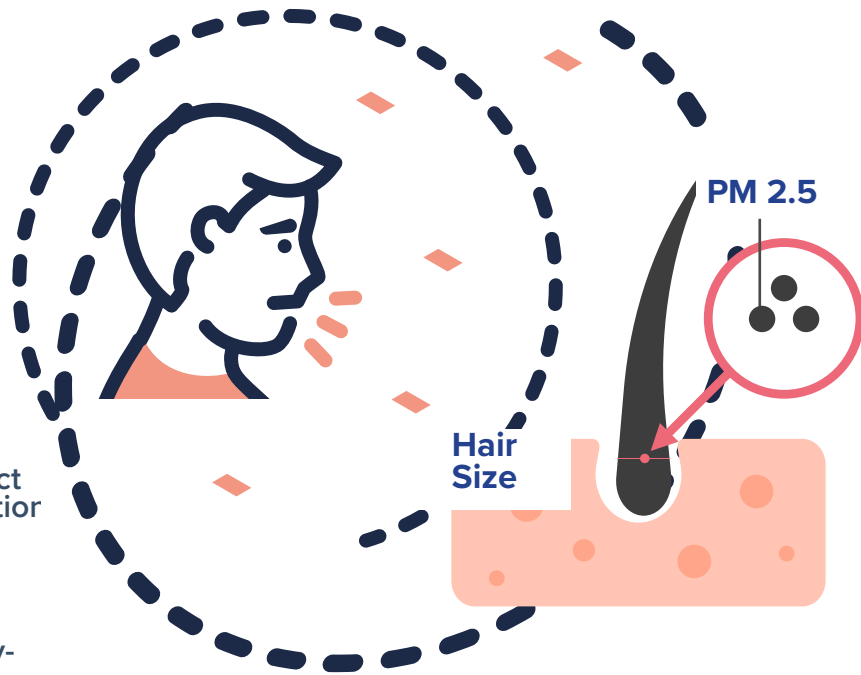
**4 TAKE ACTION**

Share these tips. Connect with your local organization and representatives.

Find your District representatives here: [sjvpartnership.org/valley-representatives/](http://sjvpartnership.org/valley-representatives/)

## AIR POLLUTION PARTICLE SIZE

Wildfire smoke gives off fine particle pollution (PM 2.5) which can be carried deep into the lungs where they can cause inflammation and a worsening of the condition of people with heart and lung diseases.



## AIR QUALITY INDEX

The AQI or Air Quality Index can warn you about wildfire smoke and pollution, but it can vary. Above 50, use your best judgment based on your risk factors and how you're feeling.

