

HOW TO MASK DURING WILDFIRE SMOKE

Staying indoors in filtered air is your best defense against wildfire smoke, but if you have to be outdoors, N95 masks are the best way to protect yourself.

HOW YOU WEAR THEM MATTERS

LOCAL RESOURCES

- Vendor List: bit.ly/n95vendors
- Check your local organizations for mask drive events

FIT

Choose a size that goes over your nose and under your chin and seals tightly to your face. Double masking (using a cloth mask over an N95) can help create a tighter seal.

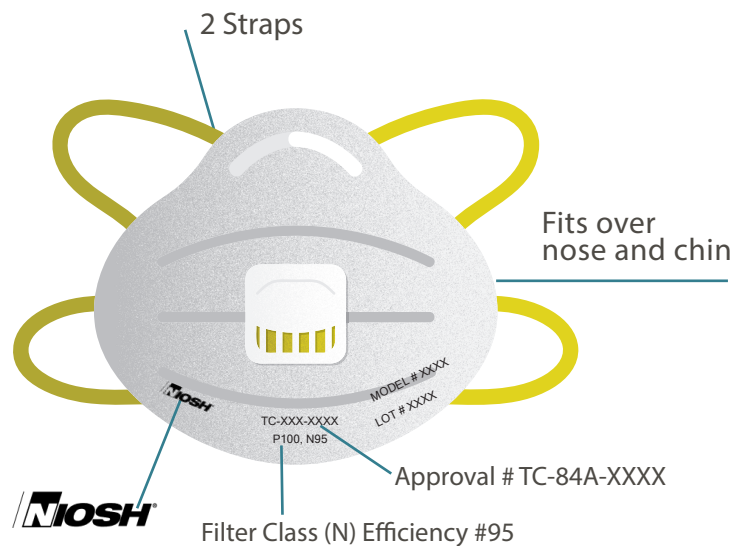
- Consult your doctor if you have existing heart or lung problems.
- **Facial hair:** Any facial hair that can fit entirely under a respirator should be fine.
- **Reuse:** N95 masks are not meant to be reused, and with each use, they become less effective.

CHILDREN

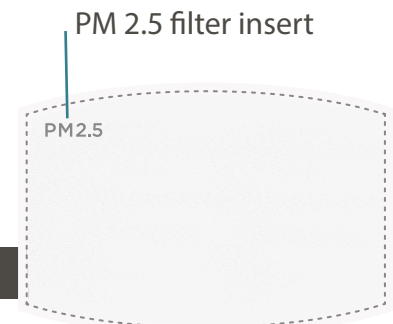
PM2.5 inserts and surgical masks are best for children over the age of 2. Check with your child's health care provider for questions.

- **Pregnancy:** If you are pregnant, this information applies to you as well.

WHAT'S THE RIGHT MASK FOR YOU:



Look for "NIOSH" certification, National Institute of Occupational Safety and Health (NIOSH). Serial numbers and other trademark markings.



ALTERNATIVES

Inserts: NIOSH rated inserts can be used daily in reusable masks with a filter pocket.

