



Know Your Air Quality

Knowing your local air quality is the first step in protecting your health during wildfire season. Check conditions before spending time outdoors using the AirNow.gov website or the free AirNow app. Air quality can change quickly, so check often during smoky conditions.

Clean Indoor Air



Improving the air quality of your indoor air can make a big difference! Change HVAC filters, make a DIY box fan filter, and don't smoke or burn candles. Have a designated "clean room" with closed windows, and cool circulating air.

If you plan to use a generator during a public safety power shutoff, make sure it is outside and at least 20ft from your home.

WILDFIRE SMOKE TIPS



Limit Time Outside

Wildfire smoke can be especially harmful for children, older adults, pregnant people, and those with asthma, heart disease, or lung conditions. Smoke can worsen breathing problems, trigger asthma attacks, and strain the heart. If you must be outdoors, wear a well-fitting N95 or KN95 mask to reduce smoke exposure.

Be Prepared



Keep a small wildfire smoke kit ready with N95 or KN95 masks, 5+ days of any needed medications, bottled water, and an air quality plan. Have extra supplies for children, older adults, pets, and anyone with chronic health conditions so you're ready if smoke moves in quickly.



Ko-Kwel
Wellness Centers

MT1935

Are you at respiratory risk during wildfires?
Speak with your provider to make a plan.

Call - 541-888-9494

Press 1 for Eugene Medical | Press 2 for Coos Bay Medical