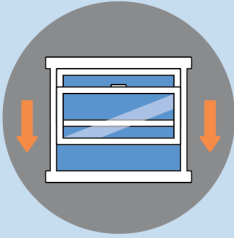


# CLEAN INDOOR AIR DURING WILDFIRES

Smoke and ash from wildfires contain very small 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.

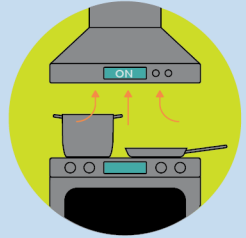
## Minimizing Sources of Indoor Air Pollution



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



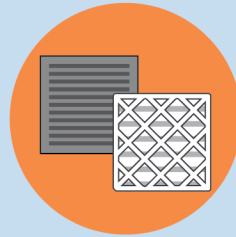
Do not smoke or burn firewood, candles, or incense in the house.



Use your range hood while cooking.



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



Check with your 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.

[www.OurAir.org](http://www.OurAir.org)



air pollution control district  
SANTA BARBARA COUNTY

