

## Wildfire Smoke and Ash Health Safety Tips

Multiple wildfires are still active across our adjacent areas, resulting in poor or even dangerous air quality. Wildfires can cause very high air pollution levels that are harmful to your health. Protect your health by taking steps [Before, During, and After](#) a wildfire to reduce how much pollution you are breathing.

## Air Quality Health Tips

The [South Coast Air Quality Management District](#) offers tips to limit the health impacts of wildfire smoke.

- Limit your exposure by remaining indoors with windows and doors closed, restricting or seeking alternate shelter.
- Avoid vigorous physical activity.
- Run an air purifier. Do **not** use swamp coolers or whole house fans that bring in outside air.
- Avoid burning wood in your fireplace or firepit and minimize sources of indoor air pollution such as candles, incense, pan-frying, and grilling.
- If you must be outside, a properly fitted N95 respirator may provide some protection.\*

Outdoor air quality updates are available from [AirNow.gov](#)

## Voluntary Use of N95's

- N-95 filtering face piece respirators are air-purifying respirators certified by NIOSH to have filter efficiency levels of 95% or greater. N-95 respirators filter out airborne contaminants including dusts, fumes, mists, and microbial agents such as tuberculosis bacteria and flu virus.
- Please be advised the use of an N95 may not be suitable for everyone, for example, persons with cardiac or pulmonary conditions.
- If you choose to voluntarily use N95's, please watch the following [Cal/OSHA Training Video](#).

\* N95's are being distributed by the Caltech Bookstore.