



POOR AIR QUALITY GUIDE

You may have noticed wildfire smoke has become part of Pierce County summers in recent years. Health effects from smoke can vary greatly from person to person. Smoke contains tiny particles that are bad for your lungs, heart, sinuses and other parts of your body. Those with underlying medical conditions like asthma feel them the most. But everybody should pay attention to their own health when smoke is in the air. We hope that wildfires and unhealthy air caused by the smoke will clear up quickly but in the meantime, it's important to take charge of your health!

Stay indoors and keep indoor air as clean as possible. Take the following steps when indoors:

- Keep windows and doors closed.
- Track the air quality and open your windows for fresh air when the air quality improves.
- Pay attention to the heat indoors and follow guidance in the section below if it's too hot.
- Run an air conditioner, set it to re-circulate and close the fresh-air intake. Make sure to change the filter regularly.
- Use an air cleaner with a high-efficiency particulate air (HEPA) filter to reduce indoor air pollution. A HEPA filter will reduce the number of irritating fine particles in indoor air. A HEPA filter with charcoal will help remove some of the gases from the smoke.
- Do not use an air cleaner that produces ozone.
- Make sure to follow the guidelines to clean the A/C filters on all air conditioning units periodically.
- Don't add to indoor pollution. Don't use food boilers, candles, incense, fireplaces, or gas stoves.
- Don't vacuum unless your vacuum has a HEPA filter, because vacuuming stirs up particles already inside your home.
- Don't smoke, because smoking puts even more pollution into the air.

Learn More about [How Wildfire Smoke Can Affect Your Health](#).

Stay informed:

<https://pscleanair.gov/>

<https://ecology.wa.gov/Air-Climate/Air-quality>

<https://www.doh.wa.gov/CommunityandEnvironment/AirQuality/SmokeFromFires>

<https://www.dnr.wa.gov/programs-and-services/wildfire-resources>