

# Plan for Wildfire Smoke This Summer

This summer is expected to bring a higher risk of wildfires and smoke across Washington, including our region. Wildfire smoke can be harmful to everyone, especially Elders, children, and those with heart or lung conditions. The tiny particles in smoke can irritate your eyes, throat, and lungs, and make it harder to breathe.

Portable air cleaners (also called air purifiers) help remove harmful particles like smoke, dust, and pollen from indoor air. Cleaner indoor air supports better breathing, reduces asthma and allergy symptoms, and lowers stress caused by poor air quality.

## How They Work:

Most effective air cleaners use three filters:

- Pre-filter – catches large dust and hair
- HEPA filter – removes tiny smoke, dust, and pollen
- Carbon filter – helps reduce gases and odors

## Choosing the Right One:

- Look for a HEPA filter
- Avoid models with ozone, UV, or ionizing features
- Choose the right size for your space
- Pick one that isn't too noisy

## Use It Wisely:

- Place it in rooms where you spend most of your time
- Run it when you're home, especially during wildfire smoke or poor air days
- Keep filters clean and replace them as recommended

## Extra Tips for Cleaner Indoor Air:

- Don't smoke or vape indoors
- Use kitchen and bathroom fans
- Open windows when outdoor air is healthy
- Cook with less frying or broiling
- Clean with damp cloth and use HEPA vacuums
- Fix leaks and control moisture to prevent mold
- Test for radon and install carbon monoxide detectors

Your indoor air matters. Take simple steps to breathe easier and stay well. You can learn more, including how to build a low-cost fan filter or choose a good air purifier, at: [doh.wa.gov/smokefromfires](https://doh.wa.gov/smokefromfires)

When we care for the air, we care for the whole community.