



Wildfire Smoke and Your Health!



Stay informed.



For air quality conditions and smoke forecasts, visit the Oregon Department of Environmental Quality's website at www.deq.state.or.us/aqi/ or download the OregonAIR smartphone app.

Pay attention to local news and follow **@WashingtonCountyHHS on Facebook** for health information and air quality updates.

Avoid smoky air.



Stay inside as much as possible. Avoid physical activity outdoors.

People who are at higher risk for health problems from smoke should take precautions, such as those with heart or lung conditions like asthma, COPD or cardiovascular disease, older adults, pregnant women, babies and children.

Keep indoor air clean.

Close windows and doors. Open them when air quality is good.

Use fans or air conditioner. Set home or car air systems to recirculate mode.



Change the filter on your heating and cooling system. Use filters rated **MERV 8** or higher.

Consider buying a portable air cleaner with a **high efficiency particulate air (HEPA) filter**, especially if you have health conditions that could get worse with smoke.

Don't smoke, use candles or vacuum when air quality is poor.

Watch the tri-county health officer's short four-part video series for ways to improve your home's indoor air quality at <https://bit.do/health-tip-videos>.

Contact your health care provider.



If you have a health condition and your symptoms get worse around smoke, contact your health care provider for prevention and treatment advice.

Call 911 if you or someone else has serious symptoms like trouble breathing.

www.deq.state.or.us/aqi/

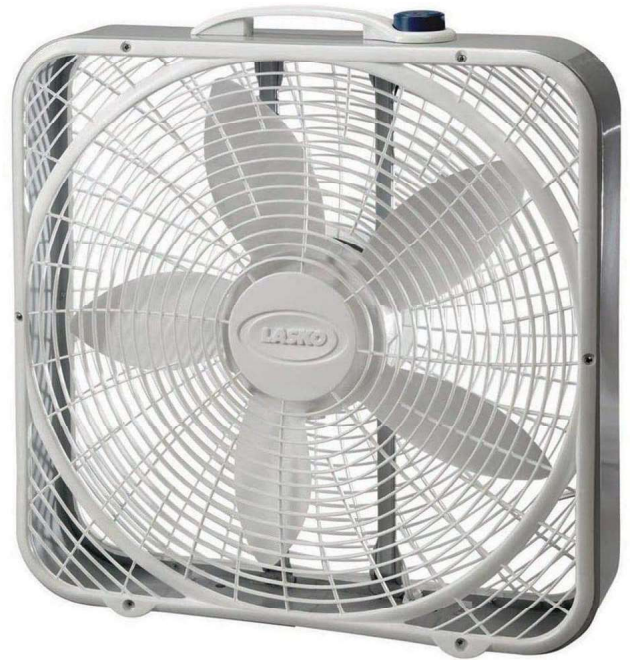
@WashingtonCountyHHS on Facebook



Public Health
Prevent. Promote. Protect.



How to Use Your Fan as an Air Filter



Build your low-cost filter fan with:

- Box fan
- A furnace filter (20" x 20", rated MERV 13 or FPR 10 or MPR 1500-1900)
- Tape (painter or duct)

1. Tape the filter against the back of the fan.
2. The arrows on the filter should point toward the front of the fan.
3. Turn the fan on.

Tips:

- To create a "cleaner air room," use the filter fan in the room you spend the most time in.
- Close all windows and doors in the room while the filter fan is in use.
- Run the filter fan for at least 10-15 minutes.
- Position the filter fan away from walls and big objects where no one will trip over it.
- Replace the filter every three months or when it looks dirty/brown.

When the air is dirty:

Follow public health recommendations and check local air quality at <https://oraqi.deq.state.or.us/home/map>.

For more air pollution information and to watch a how-to video visit: <https://multco.us/air-quality-public-health-problem/smoke-and-wildfire>.