

Protect Your Lungs from Smoke

- ✓ If you're an Alpha, your lungs are vulnerable to irritation and damage from wildfire smoke.
- ✓ Wildfire smoke contains fine particles that can enter deep into the lungs. This can trigger exacerbations, worsen lung disease, and lead to long-term damage.
- ✓ The most common symptoms of wildfire exposure are:
 - ☐ Coughing
 - ☐ Headaches
 - ☐ Shortness of breath
 - ☐ Scratchy or sore throat
 - ☐ Strange taste in your mouth
- ✓ While you can't control the air quality in your area, you can take steps to protect your health:
 - ☐ Maintain a supply of your medications, including inhalers and medications for exacerbations
 - ☐ Take your medications as prescribed
 - ☐ Help keep your lungs and airways moist by staying hydrated
 - ☐ Contact your healthcare provider if you have new symptoms or if symptoms worsen
 - ☐ If smoke exposure is common and makes it difficult to attend your regular infusion appointments, determine whether home infusions or self-infusions are an option for you
- ✓ Below are additional ways you can protect yourself.

Steps You Can Take at Home

- ✓ Close and seal doors and windows.
- ✓ Ensure you have a functioning carbon monoxide (CO) detector.
- ✓ Avoid activities that reduce indoor air quality, such as smoking, using gas stoves, and burning candles.
- ✓ Optimize your furnace or HVAC system:
 - ☐ Set the fan to "ON" so air keeps circulating
 - ☐ Set to "recirculate" if possible
 - ☐ Use the most effective filter your HVAC system is designed for
 - ☐ Check and replace the filter more often during smoke events
- ✓ Use a portable air purifier:
 - ☐ Place the air purifier in the main living areas and bedroom(s)
 - ☐ Run continuously during smoke events
 - ☐ Make sure your air purifier uses a HEPA filter and avoid those that generate ozone (those that say "ionizer" or "electrostatic")
 - ☐ Check and replace the filter as recommended by the manufacturer

Steps You Can Take Outdoors

- ✓ Limit time outdoors.
- ✓ If you need to be outside, minimize smoke inhalation by doing low-intensity activities for as short a time as possible.
- ✓ Wear a fitted N95 mask.
- ✓ When driving, keep your windows and vents closed. Use the "recirculate" setting for air conditioning.

How to Monitor Air Quality

- ✓ You can monitor the air quality in your local area by checking the Air Quality Index (AQI). The AQI:
 - ☐ Provides information about air quality and its potential health impacts
 - ☐ Tracks air quality from city air pollution and smoke from wildfires
 - ☐ Uses a scale from 0 to 500, in which higher numbers indicate worse air quality
- ✓ There are multiple places you can find the AQI for your area, including websites such as <https://www.airnow.gov>. The AQI for your area may be available on your local weather forecast or on the weather app on your phone.