

Wildfire Smoke Action Plan

For Children with Asthma

1 PREPARE

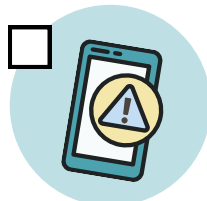
Before wildfire season I will...



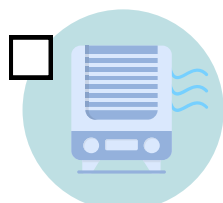
Fill in my action plan (below)



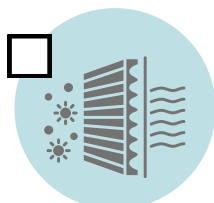
Find out my child's N95 mask size (ages 7+)



Set up air quality alerts



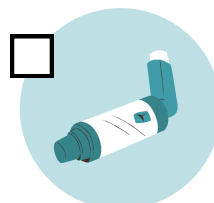
Set up a box fan filter or HEPA air cleaner



Replace any old/dirty air filters



Set up a clean-air room in my home



Update my child's asthma action plan with our provider

Stock up on

- ☐ Filters for our HVAC system, HEPA air cleaner, or box fan
- ☐ N95 masks
- ☐ Asthma medications

2 ACTION PLAN

During wildfire season I will...

- ☐ Check my air quality (AQI) and forecast daily, using:

_____ (app, website, radio station)



www.airnow.gov

- ☐ Use my air quality forecast to plan our activities.
- ☐ Use the chart on the back to decide when to:
 - Limit our activity outdoors
 - Wear N95 masks outdoors (kids 7+ and adults)
- ☐ On smoky days, reduce our smoke exposure indoors by:
 - Turning on our HVAC system, HEPA air cleaner, or box fan filter
 - Closing our windows/doors/chimney flue
 - Avoiding anything that makes the air quality in our home worse
 - Using our clean-air room
 - Considering going somewhere else for clean air
 - Put car air conditioner on the "circulate" setting

- ☐ Choose an indoor "smoky day" activity when we can't go outside

- ☐ Contact our health care provider for symptoms according to our asthma action plan (call 911 for emergencies):

Name: _____ Practice: _____ Phone # _____

Indoor "Smoky Day" Activities

- 1.
- 2.
- 3.



















Clean air places outside my home

- 1.
- 2.
- 3.

Evacuate the area IMMEDIATELY if recommended by authorities. If your family is trapped, CALL 911.



Activity Recommendations

| General population <small>WRITE NAMES HERE</small> | |  AQI Air Quality Index | Sensitive individuals <small>WRITE NAMES HERE</small> | |
|---|---|--|--|---|
| No changes needed |  | 0-50 Good |  | No changes needed |
| No changes needed |  | 51-100 Moderate |  | Mild health risk Consider reducing prolonged or heavy outdoor exertion. Reduce your activity if you have symptoms.* |
| Mild health risk No changes needed, but reduce your outdoor activity if you have symptoms.* |  | 101-150 Unhealthy for sensitive groups |  | Moderate health risk Reduce prolonged or heavy outdoor exertion. Spend less time outdoors, take more breaks, do less intense activities, and go inside if you have symptoms.* |
| Moderate health risk Reduce prolonged or heavy outdoor exertion. Take more breaks. |  | 151-200 Unhealthy |   | Serious health risk Avoid prolonged or heavy outdoor exertion (light, short activity may be okay). Wear N95 mask outdoors. Move outdoor activities indoors or reschedule to a time when air quality is better. |
| Serious health risk Avoid prolonged/heavy outdoor exertion. Wear N95 mask outdoors. Move outdoor activities indoors or reschedule to a time when air quality is better. |   | 201-300 Very unhealthy |   | Dangerous conditions Avoid all outdoor activity. Wear N95 mask if you must go outdoors. Move outdoor activities indoors or reschedule to a time when air quality is better. |
| Dangerous conditions Avoid going outdoors. Wear N95 mask if you must go outdoors. |   | 301+ Hazardous |   | Dangerous conditions Avoid going outdoors. Wear N95 mask if you must go outdoors. Keep indoor activity levels low. |

KEY:

-  Okay to be active outdoors
-  Reduce outdoor activity (see text for details)
-  Wear N95 mask outdoors (kids ages 7+ and adults)
-  Stay indoors

*What are symptoms of smoke exposure?

- Cough
- Phlegm
- Eye and throat irritation
- Asthma attacks (can include persistent cough, chest tightness, wheezing, shortness of breath)
- Headache



For more info:

<https://wspehsu.ucsf.edu/projects/wildfires-and-childrens-health/>

