

# We're planning ahead to stay safe this wildfire smoke season.

## Smoke Ready Checklist

### Gather supplies before smoke arrives.

Gather supplies before smoke arrives. Get a portable air cleaner with HEPA filter, an air filter with a high MERV rating for your HVAC system, or make a DIY air cleaner with a box fan.

### Monitor Air Quality.

Check the AQI daily. If you're pregnant, over 65, or have asthma or heart disease, try to avoid outdoor air when AQI is over 100.

### Talk to your healthcare provider.

Ask your provider about wildfire smoke and how to protect your health, and plan to have at least a week's supply of medication on hand.

### Set up a Cleaner Air Room in your home.

Reduce your exposure to wildfire smoke while sheltering indoors by setting up a Cleaner Air Room in your home.

### Know where to go.

If you are unable to create a Cleaner Air Room at home, visit public places with cool, cleaner air like community centers, libraries, or theaters.

### Support your neighbors.

We are stronger when we support each other. Check on neighbors, share supplies, and offer help with transportation or setting up an air cleaner.

Visit **SmokeReadySpokane.org** for the full Smoke Ready Checklist, helpful how-tos, and more resources to keep you and your family safe this wildfire smoke season.

Smoke Ready Spokane is an outreach campaign by:



[spokanecleanair.org](http://spokanecleanair.org)



[srhd.org](http://srhd.org)



[gonzaga.edu/climate-institute](http://gonzaga.edu/climate-institute)



Check Spokane's **current and forecasted AQI** to help plan your outdoor activities.



Follow our tutorial to make a **DIY air cleaner** with a box fan.

# SMOKE READY SPOKANE



Plan ahead to reduce your exposure to wildfire smoke by creating a **Cleaner Air Room** in your home.

[SmokeReadySpokane.org](http://SmokeReadySpokane.org)

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# Set up a Cleaner Air Room to breathe easier this smoke season.

## What is a Cleaner Air Room?

A Cleaner Air Room is a space in your home that has been set up to reduce your exposure to wildfire smoke and other air pollutants. It's especially important during wildfire smoke season when outdoor air quality becomes unhealthy.

## Who benefits from time in a Cleaner Air Room?

Everyone benefits from spending time in a cleaner air space when it's smoky outside, but the particles in wildfire smoke are especially harmful for **adults over age 65, children, people that are pregnant, and for people living with respiratory conditions, heart conditions, and other chronic health issues.**

## When should I spend time in a Cleaner Air Room?

You can always benefit from breathing clean air, but when the AQI is above 100, people in sensitive groups should avoid outdoor air as much as possible. Stay in a Cleaner Air Room as much as possible until the air quality drops below 101 AQI.

**Follow these simple steps to stay healthy during smoky weather by setting up a Cleaner Air Room in your home.**



## How to Set Up a Cleaner Air Room

### Choose the right room.

Pick a room that's big enough for everyone in your household to be comfortable. A bedroom with an attached bathroom is ideal, but any room can work—even a studio or shared space.



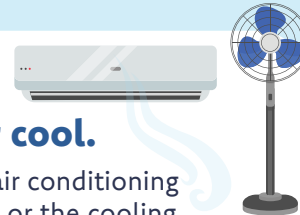
### Keep smoke and outside air out.

Next, close all windows and doors in your room. Make sure all exits are still easy to use in case of emergency (don't tape doors or block gaps under the door with towels).



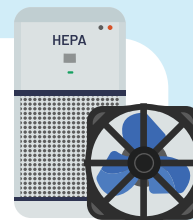
### Keep inside air cool.

Use fans, a window air conditioning (AC) unit, central air, or the cooling mode of a heat pump. If your AC has a fresh air setting, turn it off or set it to recirculate indoor air.



### Filter the air.

**This is the most important step!** Use a portable HEPA air cleaner if you have one (many cost under \$30), or build a DIY air cleaner with a box fan and MERV 13 furnace filter. Plan ahead and have supplies ready before smoky weather arrives.



### Avoid air pollution.

Don't burn candles, smoke, use aerosol sprays, fry food, or vacuum during extreme weather events. Avoid using gas stoves if possible.



### Spend time in your cleaner air room.

Stay in the cleaner room as much as you can—watch tv, take naps, play games. When the outdoor air improves, open windows to refresh the room.

