Reducing Exposure to Air Pollution

Indoor Tips
- **FILTER**: Change the filters on your AC and furnace regularly.
- **MAINTAIN**: If you use a wood stove, make sure the openings and chimney do not leak smoke indoors.
- **RUN AC**: In the event of poor air quality days, consider closing windows and running AC.
- **VENTILATE**: When cooking or using a gas or wood-fired stove, run fans or open windows.
- **VENTILATE**: Grill or smoke outdoors.

Outdoor Tips
- **CONSULT**: Use a weather app or go to AirNow.gov to find the current air quality.
- **AVOID**: Avoid e-cigarettes and cigarette/cigar smoke.
- **LIMIT**: Try to limit exposure to gasoline and diesel fumes (vehicles, machinery).
- **CALL**: Follow burning regulations. Call 541-766-6971 to check current burn bans.

Tips to Avoid Wildfire Smoke
- **REDUCE**: Avoid common activities that might contribute to poor air quality (grilling, burning candles, smoking).
- **PROTECT**: Wear an approved mask to limit the amount of air pollution you inhale.

Appropriate Masks: N95, N100 or P100
- Masks should fit well above the nose and beneath the mouth
- Change the mask when it gets dirty on the inside, becomes damaged, or becomes difficult to breathe through.

Oregon State University. College of Public Health and Human Sciences