

# Wildfire Smoke Protection Plan

*When poor air quality strikes, what can you do to protect your health? Use this worksheet to create a plan, then stick to it during periods of poor air quality, such as wildfires or inversions.*

## STEP 1: YOUR BACKGROUND

Write down any health conditions you have that could be affected by air pollution. These could include things like asthma, COPD, or a heart condition. If you're not sure, check out the American Lung Association's list of [Top 10 Health Effects from Air Pollution](#). And remember, older adults and children are more sensitive to poor air quality.

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How often, and for how long, could you be exposed to air pollution each day? Do you work outside, or like to frequently recreate outdoors? If so, how many hours a day?

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## STEP 2: UNDERSTANDING THE AIR QUALITY INDEX (AQI)

The AQI is a quick and easy way to see if the air you're breathing is healthy. The system is color-coded, ranging from green, or healthy air, to a dark maroon color signifying hazardous air quality. It's important to note that some people are more sensitive to air pollution than others due to health concerns or greater exposure rates. Read through the table below, and using your answers from Step 1, determine what color you should take action.

Air Quality Index Levels of Health Concern	Numerical Value	Meaning
Good	0 to 50	Air quality is considered satisfactory, and air pollution poses little or no risk.
Moderate	51 to 100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Unhealthy	151 to 200	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy	201 to 300	Health alert: everyone may experience more serious health effects.
Hazardous	301 to 500	Health warnings of emergency conditions. The entire population is more likely to be affected.

AQI table courtesy of [airnow.gov](http://airnow.gov)



### STEP 3: TRACKING AIR QUALITY

There are multiple ways to track air quality, such as signing up for emails, checking websites, or downloading apps to your phone. Below are just a few suggestions:

#### Where to Find Air Quality Info

#### How to Access

EnviroFlash

Sign up for email alerts delivered daily

Air Now

Online at [airnow.gov](http://airnow.gov)

Purple Air

Online at [purpleair.com](http://purpleair.com)

Plume

Download the app to your phone

Sh\*t! I Smoke

Download the app to your phone

AirVisual

Online at [airvisual.com](http://airvisual.com) or download app

After you've checked out a few options, how will you find information on current air pollution levels?:

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If possible, sign up for daily reminders so you'll automatically be informed of levels of air pollution

### STEP 4: TIME TO TAKE ACTION!

Depending on your health, you may be a "sensitive group" under the AQI. What AQI level should you take action at?:

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What's your action look like? This could include avoiding physical activity (especially outdoors), minimizing driving, or going to a safe air space in your community. \_\_\_\_\_

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Who will you call if you have respiratory issues? Write down the name and number of the closest medical provider, family member, or friend you can call if you need help:

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## *You've Done It!*

*Creating a plan and sticking to it is one of the best things you can do to protect your health during poor air quality events, such as wildfires and inversions. Follow this plan for as long as poor air quality lasts. Don't worry, we'll be back to clean, healthy air in no time!*

