

# Air Quality + COVID-19

## Health and Safety Tips

### If the smell of smoke is present:

- Stay inside with windows and doors closed
- Set air conditioning units and car vent systems to re-circulate
- Offices, childcare programs, out-of-school-time programs and other businesses are not required to close if they need to shut windows or adjust their ventilation systems to minimize exposure
- Whenever ventilation is reduced by closing windows, people should increase hand washing and clean frequently touched surfaces and items regularly. Make sure to follow all face covering and physical distancing requirements (stay 6 feet apart from people outside of your household)
- Elderly, youth and people with asthma, COPD, or other respiratory illnesses are particularly susceptible to elevated air pollution levels and should take extra precautions to avoid exposure

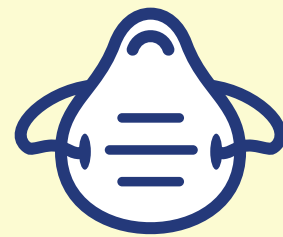
### Contact your health care provider if you experience any of the following symptoms:

- Repeated coughing
- Shortness of breath or difficulty breathing
- Wheezing
- Chest tightness or pain
- Palpitations
- Nausea or unusual fatigue
- Lightheadedness

As always, if you or someone you know is experiencing a life-threatening emergency, **call 911**.

### Stay indoors

COVID-19 is circulating in our community and the best way to protect yourself from the virus and poor air quality is to stay indoors. Face coverings should always be worn outside to prevent the spread of the virus.



### N-95 Respirators

- N-95 respirators are no substitute for being indoors
- N-95 masks must fit properly to work
- Wearing an ill-fitted N-95 respirator can lead to a false sense of security about smoke protection
- N-95 respirators may be dangerous for certain people with lung or heart conditions
- Certified N-95 masks are not sized for children and do not work
- N-95 masks should be reserved for those most in need (frontline health and fire personnel)

