

Health Tips for People in Fire Areas

WIND & FIRE ASH:



Bad weather and heavy winds can carry ash from the fires into the air. Ash in the air can be bad for your health. Breathing in ash can bother your nose, throat and lungs and may make you cough. It could also be bad on your skin.

SKIN & EYES:



During windy weather when ash is in the air, slow down or stop doing things that might cause you to breath in ash. Wear long sleeved shirts and pants to stop getting ash on your skin. If you get ash on your skin, wash it off right away. Use things like sun glasses or goggles, and wear glasses instead of contact lenses to keep ash out of your eyes.

MASKS:



Dust masks may provide some protection for breathing. A masked called the N-95 or P-100 that covers the nose and mouth is best for stopping ash from getting in your mouth or lungs. Simple surgical or dust masks may not help very much. If you are planning to buy a dust mask, do the following:

- Ask for the NIOSH approved N-95 or P-100 mask
- Make sure the mask fits - covering your nose and mouth tightly

These masks can be purchased at some Home Depot, Lowes, Sherman Williams Paint, Ace Hardware, TrueValue, Dunn-Edwards Paint, Target and WalMart stores.



Masks are not recommended for people with asthma or emphysema or for people who have trouble breathing when wearing masks. Many masks are made to fit adults rather than children.

People with health problems who live near the fire areas should stay indoors and slow down things they are doing. They should close the doors and windows where they live and use their air conditioners to stop ash from coming in their home.

Contact your doctor if you have chest pain or trouble breathing. For more information visit the website at www.BePreparedCalifornia.ca.gov



HOW TO WEAR A MASK:



(Front View)



(Side View)

