



WILDFIRE SMOKE: CHECKLIST



Making a plan to limit exposure to wildfire smoke is important, especially if you will be caring for children or participating in outdoor events. If you think you might also need a medical plan or may need to keep special medication on hand, consult your doctor.

A wildfire smoke plan should include these four elements:



Know your smoke forecast & AQHI

- Check AQHI levels in Canada at https://weather.gc.ca/airquality/pages/index_e.html
- For information on wildfire weather and smoke, visit <https://firesmoke.ca/> or https://weather.gc.ca/firework/index_e.html



Wear a well-fitted respirator type mask

- Make sure to have some masks available for you and your loved ones, ideally a well-fitted respirator type mask (e.g. a NIOSH certified N95 or equivalent)

Remember: While N-95 masks/respirators are effective in filtering out PM2.5 particles, they do not reduce exposure to wildfire smoke gases. If smoke is present for more than a few days, stay indoors when you can.



Keep wildfire smoke outside

- Make sure windows and doors stay closed. Check for any leaks in door or window frames.
- Close any outside air intakes, so that no outside air is coming indoors.
- If you are running an air conditioner, make sure it is recirculating the indoor air (instead of bringing air in from outside) and that it has a clean filter.
- Avoid using indoor or outdoor wood-burning appliances or sources.



Use high quality air filtration

- Create a space indoors with filtered air. Use a HEPA air purifier, or a DIY Corsi-Rosenthal HEPA air cleaner inside that space to help filter air particles from wildfire smoke.
- Use the best quality air filter that you can in your furnace, based on manufacturers recommendations. Ideally, a HEPA air filter (MERV 13+).
- Be prepared to change your furnace filter more often during wildfire smoke events.