

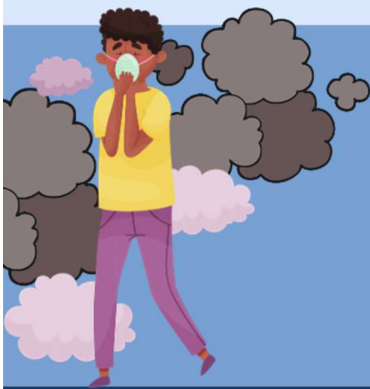
# ASTHMA

## SMOKE & AIR PURIFIERS

### ASTHMA

Asthma is a long-term lung condition that makes it hard to breathe. People with asthma often have wheezing, coughing, shortness of breath and chest tightness.

Asthma triggers can cause attacks. Common asthma triggers are cigarette smoke, wildfire smoke, outdoor air pollution, and mold.



### WILDFIRE SMOKE

In California, wildfires are common. The smoke from wildfires makes the air **not safe** to breathe. Breathing in the smoke can make asthma worse.

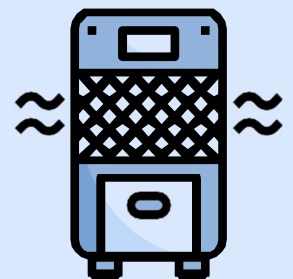
The best way to avoid wildfire smoke is to **stay indoors with doors and windows closed**.

## What can help you during a wildfire

### AIR PURIFIERS

An air purifier, or air cleaner, is a machine that has a fan and filter. The fan pulls in dirty air and traps most of it in the filter. It then pushes out cleaner air for you to breathe. **Keep the air cleaner turned on for healthy indoor air.**

- **Mechanical air cleaners** are best because they are efficient at cleaning the air and don't create any harmful chemicals.
- Choose the right size air cleaner for the size of the rooms you will use it in most.



### MASKS

- If you go outside, wearing a mask helps you breathe in less smoke.
- Use **N95 masks marked NIOSH**. These masks are also useful for preventing the spread of COVID.
- Children should only wear masks if they are over age 2 and are able to tell you if they are uncomfortable.