### Date: [ENTER DATE]

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**PSA: Wildfire Smoke**

Wildfire smoke, even from fires hundreds of miles away, can severely degrade air quality and pose health risks. Take proactive steps now to protect yourself, your loved ones, and your community.

**1. Know the Risk**

* Wildfire smoke can travel long distances, causing poor air quality across Massachusetts.
* Fine particles are the main health hazard. They irritate eyes, throat, lungs, and can worsen heart and lung conditions.
* At-risk communities include children, older adults, pregnant individuals, people with asthma, COPD, heart disease, or other chronic conditions.

**2. Before Smoke Hits**

* **Monitor air quality:** Check Air Quality Index via <AirNow.gov> or weather apps, stay alert.
* **Prepare indoor clean air zones:** Use portable HEPA air purifiers or high-efficiency HVAC filters, and seal windows and doors.
* **Gather supplies:** Stock up on NIOSH-approved respirators (N95/P100), especially for outdoor activities or emergencies.

**3. During High Smoke Days**

* **Stay indoors and limit exposure:** Refrain from outdoor exercise or strenuous activities.
* **Keep indoor air clean:** Set AC to recirculate, avoid burning candles or cooking systems that produce smoke, and don’t vacuum to prevent dust circulation.
* **Protect yourself when outside:** If you must go out, wear a properly fitted N95 respirator, weak masks won’t block fine particles.

**4. Recognize Health Signs**

* **Know the symptoms:** Watch for coughing, wheezing, shortness of breath, chest pain, headache, fatigue, or eye/nasal irritation.
* **Get medical attention:** If symptoms worsen, especially in vulnerable individuals, seek care promptly.

**5. After the Smoke Clears**

* **Clean indoor spaces:** Wash floors, walls, and soft furnishings to remove settled ash. Shower and launder clothes and bedding.
* **Maintain smoke-safe home:** Continue using air purifiers, change HVAC filters frequently, and have N95 masks on hand for future events.

**Resources**

[Mass.gov Wildfire Smoke Safety Tips](https://www.mass.gov/info-details/wildfire-smoke-safety-tips)

[CDC Safety Guidelines: Wildfires and Wildfire Smoke](https://www.cdc.gov/wildfires/safety/how-to-safely-stay-safe-during-a-wildfire.html)

[CDC Wildfires and Your Safety](https://www.cdc.gov/wildfires/about/index.html)

[EPA Smoke‑Ready Toolbox for Wildfires](https://www.epa.gov/air-research/smoke-ready-toolbox-wildfires)

[AirNow Fire and Smoke Map](https://fire.airnow.gov/)