THE RIGHT RESPIRATOR AND PROPER FIT CAN REDUCE YOUR EXPOSURE TO WILDFIRE SMOKE.

1 STRAP ABOVE AND 1 STRAP BELOW EARS DO NOT CROSS

PINCH BAR TO SHAPE OF NOSE

FITS OVER NOSE AND UNDER CHIN

RESPIRATOR SHOULD COLLAPSE AS YOU BREATHE IN AND NOT LET AIR IN FROM THE SIDES.

Ask you doctor before using if you have heart or lung health issues.

Throw mask away if it’s dirty or you find it difficult to breathe.

If you are dizzy or nauseous, go to where there is less smoke and seek medical attention.

Cloth (wet or dry), paper masks and tissues will NOT filter out wildfire smoke.
Respirators are not designed to fit children.
Facial hair prevents proper fit and reduces effectiveness.
Use a respirator only after first trying more effective methods to avoid smoke.
That includes staying indoors and reducing activity.