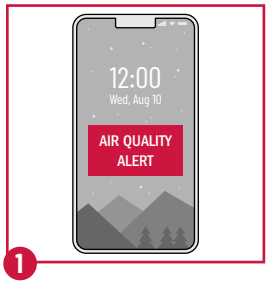
Three Steps to Cost-Effective

Wildfire Smoke Protection at Home

Wildfire smoke contains fine particles (PM2.5) that can harm your health. Protect yourself by preparing your home to reduce wildfire smoke exposure and improve indoor air.

Step 1: Prepare before wildfire smoke arrives



1. Download the WeatherCAN app and sign up for Air Quality Health Index (AQHI) alerts. In Québec, check Info-Smog.



2. Identify a clean air room at home and nearby public places (e.g., libraries, community centres, shopping centres) where you can take refuge during smoke events.



3. Plan to check on neighbours, family, or friends at higher risk (e.g., people with heart or lung disease, older adults, children, pregnant women, and outdoor workers) during smoke events.

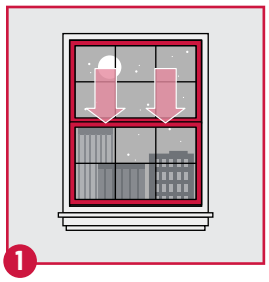


4. Avoid activities that worsen indoor air quality (i.e., frying food, burning candles, smoking, vaping, or vacuuming without a HEPA filter)

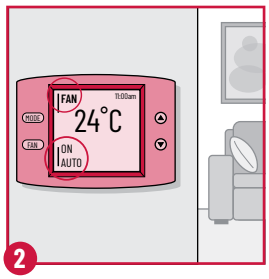


5. Limit time outdoors when air quality is poor, avoid strenuous activity, and consider wearing a well-fitting N95/KN95 or equivalent respirator when outside.

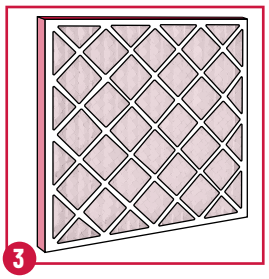
Step 2: Improve indoor air during smoke events



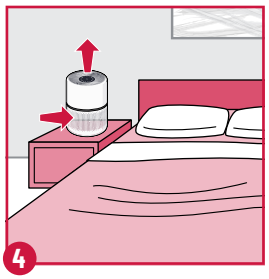
1. Keep windows and doors closed as much as possible during smoke events to reduce the amount of smoke entering your home.



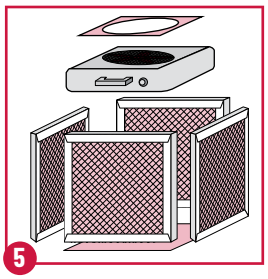
2. If you have a forced-air HVAC system, run the fan on "on" or recirculation mode to continuously filter indoor air.



3. Install a high-efficiency HVAC filter (e.g., MERV 13 or higher, if compatible with your system) that can remove fine smoke particles.

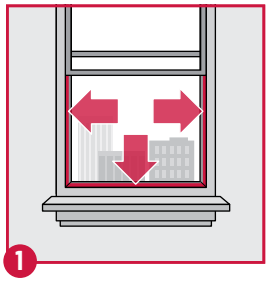


4. If you do not have a forced-air HVAC system, use a portable air cleaner with a HEPA filter in the room where household members spend the most time.

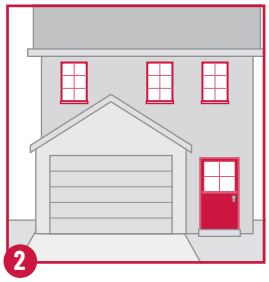


5. If commercial air cleaners are not available, consider a DIY box-fan air cleaner following safety guidance.

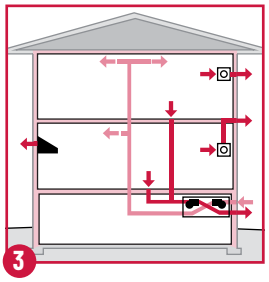
Step 3: Upgrade your home to reduce smoke infiltration



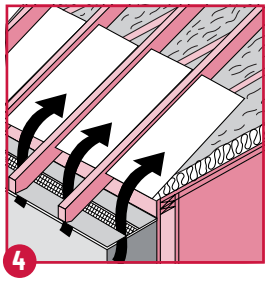
1. Seal gaps around doors, windows, and vents where outdoor smoke can enter.



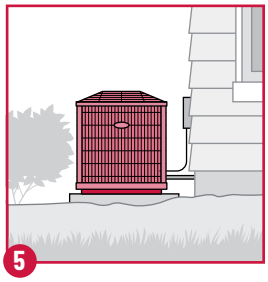
2. Upgrade older windows and doors to improve the building envelope and reduce air leakage.



3. Install a whole-home mechanical ventilation system with filtration.



4. Improve insulation and air sealing in attics and wall cavities to reduce outdoor air infiltration.



5. Install or maintain a heat pump or air conditioning system so windows can remain closed during smoke events.

Note: These actions can significantly reduce exposure to wildfire smoke indoors but cannot eliminate smoke infiltration entirely during severe events.

Note: Wildfire smoke and extreme heat can occur at the same time. During these events, reduce smoke exposure while also preventing overheating. Consult Three Steps to Cost-Effective Home Heat Protection for more guidance.

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