

Prepare your home for smoky season



BC Centre for Disease Control
Provincial Health Services Authority



WOMEN'S HEALTH
RESEARCH INSTITUTE
AT BC WOMEN'S



BCAFC | BC Association of
Aboriginal Friendship Centres

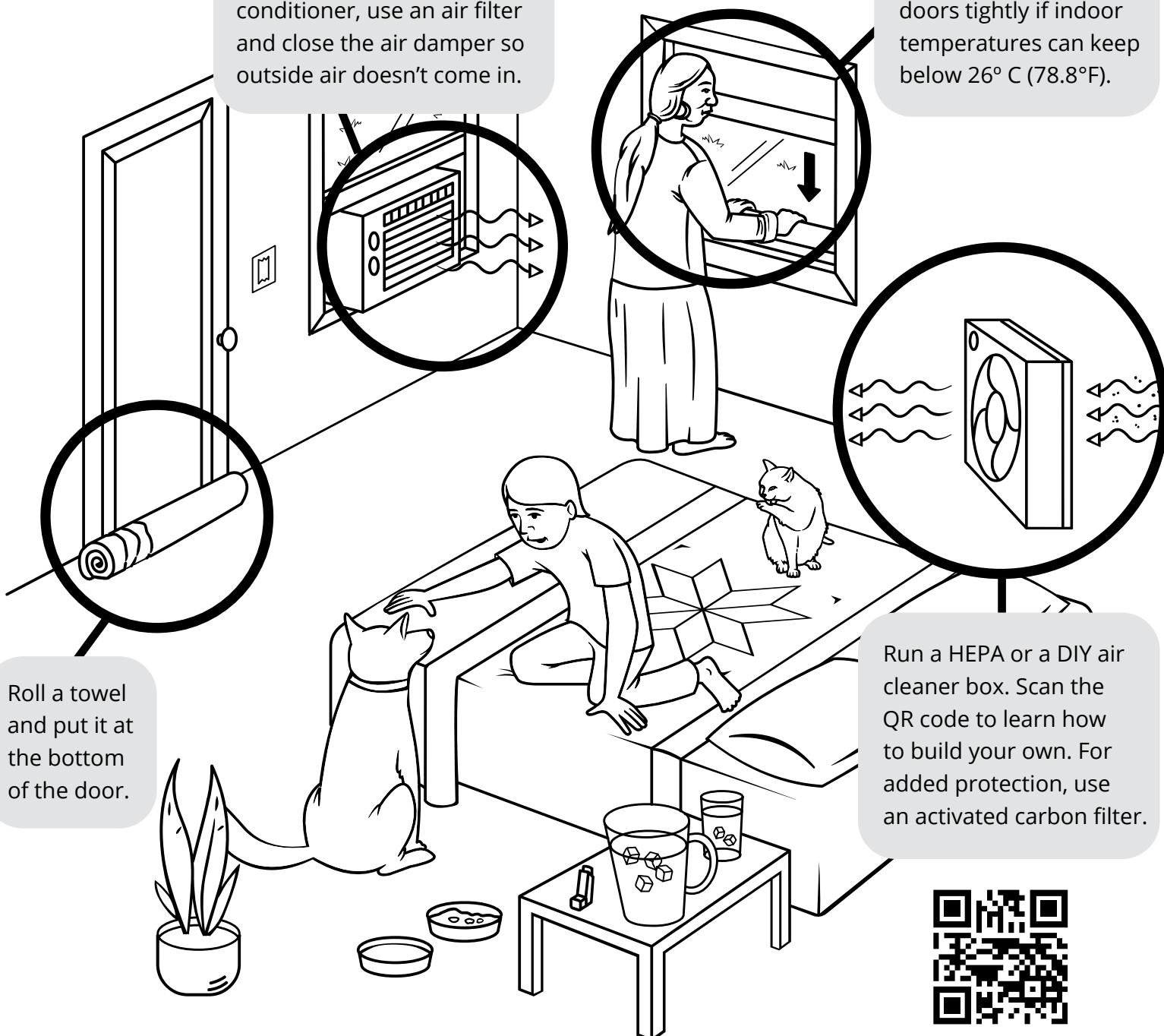


First Nations Health Authority
Health through wellness

Create a "clean air room" in your home that is free of smoke

If you have a window air conditioner, use an air filter and close the air damper so outside air doesn't come in.

Close windows and doors tightly if indoor temperatures can keep below 26° C (78.8°F).



Roll a towel and put it at the bottom of the door.

Run a HEPA or a DIY air cleaner box. Scan the QR code to learn how to build your own. For added protection, use an activated carbon filter.