

Masks and Wildfire Smoke

Masks don't work for everyone.

Wearing a mask may worsen existing medical conditions



Wearing a mask makes it more difficult to breathe because it takes extra effort to move air through the mask.

If you have breathing problems (like asthma or COPD) or heart disease, check with your healthcare provider before using any mask.

Some masks offer limited protection



Only use a mask after first trying other, more effective ways to avoid smoke, like staying indoors and reducing outdoor activity.

Respirator masks labeled N95 or N100 can filter out fine particles from smoke but not hazardous gases (like carbon monoxide).

Cloth (wet or dry), paper masks, and tissues will NOT filter out wildfire smoke.

Masks must fit tightly



Straps must go above and below the ears and the mask should fit over the nose and under the chin.

The mask should not let air in from the sides around the nose and chin.

Masks don't work on people with beards or young children because they do not fit snugly on their faces.

Questions? Talk to your doctor or healthcare provider.

www.doh.wa.gov/SmokeFromFires