Coping With Wildfire Smoke

Late summer and fall frequently see an increase in wildfires through the region, sometimes creating unhealthy air quality in the Walla Walla Valley and other parts of the Pacific Northwest. If you must go outside during periods of unhealthy air quality, wear an N95 or KN95 mask; cloth face masks do not prevent smoke particle inhalation. Indoors, keep windows closed, and use HEPA filters. HVAC air filters of a MERV 13 or higher rating and portable air purifiers with HEPA filters can help improve indoor air quality. If you are feeling ill or experiencing respiratory problems, contact your healthcare provider.