

# Be Prepared This Fire Season



During fire season in Central Oregon, it's important to protect your health from smoke exposure. The following list are things you can do to prepare for periods of wildfire smoke:

- Stock up on HEPA filters with a Minimum Efficiency Reporting Value (MERV) of 13 or higher.** Put one in your HVAC or build a DIY filter using a HEPA filter and newer (2012 or later) box fan. Visit [Deschutes.org/Health/Page/indoor-air-quality-iaq](https://www.deschutes.org/Health/Page/indoor-air-quality-iaq) for instructions on building a DIY box fan air filter.
- Create a clean room in your home.** Seal windows and doors to prevent outdoor smoke from entering, add an air purifier or DIY box fan filter, and make sure the room is free of particulate causing activities like cooking or frying foods, smoking, vacuuming, burning candles or incense, and using aerosol sprays like air fresheners.
- Get an air purifier and a humidifier** if you don't already own one.
- Keep doors and windows of cars and buildings closed** to prevent particulate matter from entering.
- Ask a friend or relative if they would be willing to let you stay with them** during periods of elevated smoke or in an emergency.
- Sign up for text alerts.** Text "COFIRE" to 888-777 to get text alerts about prescribed burns and wildfires in your area. Sign up for emergency alerts at [DeschutesAlerts.org](https://www.DeschutesAlerts.org).
- Know where to get information about fires in Central Oregon.** Visit [CentralOregonFire.org](https://www.CentralOregonFire.org) for information about fires and protecting your health from smoke.
- Know where to check the air quality index (AQI) and check it daily** to plan your activities around periods of elevated smoke. Visit [CentralOregonFire.org](https://www.CentralOregonFire.org) for more information about air quality.
- Dial "211" to find out where cleaner air centers are located during periods of elevated smoke.**
- Pack an evacuation bag and have it ready for leaving at a moment's notice.** Make sure to include a supply of medications.
- Know what evacuation levels mean and have a plan for protecting your health at each level.** Deschutes County evacuation levels can be found at [CentralOregonFire.org/wildfire-smoke-air-quality-maps-2/](https://www.CentralOregonFire.org/wildfire-smoke-air-quality-maps-2/)



Visit [CentralOregonFire.org](https://www.CentralOregonFire.org) for information about protecting your health this fire season.