

The changing climate worsens wildfire seasons and air pollution.

What can I do to better protect my child?

- Monitor air quality index (AQI)
- When outdoor air quality is poor:
 - Stay indoors
 - Close windows and doors
 - Avoid outdoor activities
 - Use masks or respirators
 - Monitor family members with asthma or lung diseases
- Reduce indoor air pollution:
 - No smoking indoors
 - Consider an induction stove top
 - Ensure good ventilation
 - Use air purifiers with HEPA filters
 - Maintain your HVAC system and change its air filters



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