



Wildfire Action Plan

Patients

Complete this plan before there are wildfires in your area. Use this plan to stay safe if wildfires are near where you live or if you can see smoke in the air.

1. Know when being outside may put your health at risk.

Wildfires and wildfire smoke can make the air dangerous to breathe. If you need help learning how to track wildfires or wildfire smoke near you, see the “Tip Sheet for Patients: Staying Safe During Wildfires”.

To know when the air outside may not be safe to breathe, I will check my local air quality by:

When wildfires are near where you live, or if you can see smoke in the air, you may need to check every hour as air quality can change quickly.

2. Know what to do when the air outside is not safe.

Most websites will tell you how safe the air outside is to breathe by giving you an air quality index (AQI) number. The higher the AQI number, the less safe the air is.

Have your healthcare provider check the action(s) you should take for each AQI level below.

If the air quality index (AQI) is: Take these steps:

Less than 50 (Good)	<input checked="" type="checkbox"/> Safe to be outdoors
51-100 (Moderate)	<input type="checkbox"/> Safe to be outdoors <input type="checkbox"/> Limit time outdoors to no more than a few hours per day <input type="checkbox"/> Wear your N95, KN95, or P100 mask, especially outdoors* <input type="checkbox"/> _____
101-150 (Unhealthy for sensitive groups)	<input type="checkbox"/> Limit time outdoors to no more than a few hours per day <input type="checkbox"/> Try to stay indoors until the air is safer <input type="checkbox"/> Keep windows and doors closed <input type="checkbox"/> Use an indoor air filter* <input type="checkbox"/> Wear your N95, KN95, or P100 mask, especially outdoors* <input type="checkbox"/> _____

151-200 (Unhealthy)	<input type="checkbox"/> Try to stay indoors until the air is safer <input type="checkbox"/> Keep windows and doors closed <input type="checkbox"/> Use an indoor air filter* <input type="checkbox"/> Wear your N95, KN95, or P100 mask, especially outdoors* <input type="checkbox"/> Stay in a clean air room* <input type="checkbox"/> Evacuate to a place with safer air <input type="checkbox"/> _____
Very unhealthy (>200)	<input checked="" type="checkbox"/> Only go outside if necessary <input checked="" type="checkbox"/> Keep windows and doors closed <input checked="" type="checkbox"/> Wear your N95, KN95, or P100 mask, especially outdoors* <input type="checkbox"/> Use an indoor air filter* <input type="checkbox"/> Stay in a clean air room* <input type="checkbox"/> Evacuate to a place with safer air <input type="checkbox"/> _____

*For more information on fitting an N95/KN95/P100 mask, building an affordable indoor air filter, or creating a clean air room in your home, see “Tip Sheet for Patients: Staying Safe During Wildfires”.

3. Have an emergency kit ready.

Here is a list of things to have ready in case of a wildfire emergency. Some of these things are only needed for children or pets. Keep everything together, such as in a single bag, so you can easily grab it when you need it:

Food and Water

- Bottled water (at least 3 gallons per person)
- Non-perishable food for at least 3 days
- Non-electric can opener (if needed)
- Paper cups, plates, and utensils
- Food and water for your pet

Communication

- Extra cell phone battery or charger
- A list of emergency phone numbers
- Local maps, marked with at least 2 evacuation routes
- Radio (with extra batteries or hand-cranked)

Infants and Children

- Infant formula (and water for mixing) for at least 3 days and a bottle
- Diapers and wipes for at least 3 days
- Paper and pencil
- Books, games, puzzles

Financial

- Copies of important documents (identification, insurance policies, bank account records) in a portable, waterproof container or on your phone, in the cloud, or on a USB stick
- Cash

Health and Safety

- Prescription medications (7-day supply)
- Extra eyeglasses or contact lenses
- First aid kit (Band-Aids, antiseptic, gauze, tape, etc.)
- N95/KN95 face masks in the correct size for each person
- Fire extinguisher
- Whistle to call for help
- Flashlight with extra batteries
- Plastic sheeting and duct tape to seal windows and doors if sheltering-in-place
- Sleeping bag/warm blanket for each person
- Change of clothing for each person, including long-sleeved shirt, long pants, and sturdy shoes
- Tampons or sanitary pads
- Moist towelettes
- Hand sanitizer

Miscellaneous

- An extra set of car keys
- Wrench or pliers to turn off utilities
- Garbage bags and plastic ties
- Matches in a waterproof container

4. Plan in case you lose power.

- a. If you use **medical equipment that needs electricity or batteries**, have a backup plan so you can use them if the power goes out.

If the power goes out, I will:

- Use my backup electricity generator
- Have a backup battery fully charged in my home
- Evacuate somewhere that has power

- b. If you have **medications that require refrigeration**, have a cooler and ice or icepacks ready to store them, as well as a thermometer to check the temperature inside the cooler.

- c. If you get water from a **well with an electric pump**, have a backup plan so you will still have enough water to drink if the power goes out.

If the power goes out, I will:

- Have ____ gallons of bottled water at my home (at least 3 gallons per person)
- Evacuate to a safe location before a power outage occurs or wildfire prevents evacuation

After the wildfire stops burning, you will want to test your well water for pollution before drinking it.

- d. If you have **electric heat or air conditioning**, do not:
- try to heat your home by burning fuels, such as wood or propane, indoors
 - use a gas oven or stove to heat your home
 - use an electricity generator or gas grill indoors
 - run your car with the garage door closed for air conditioning

These can all result in carbon monoxide poisoning, which can be deadly

If you are too cold or hot because the heat or air conditioning will not work from a power outage, consider going someplace where heat or air conditioning is available.

If I am too cold during a power outage, I will go to:

If I am too hot during a power outage, I will go to:

If I need help getting someplace warm or cool, I can call:

Name

Phone

1. _____

2. _____

3. _____

See “Tip Sheet for Patients: Staying Safe During Wildfires” to learn more about the different risks from wildfires and ways to protect yourself and your home.

5. If you need to evacuate, have a plan, and know who you can contact for help.

If there are fires in your area, pay attention to local media outlets for evacuation orders.

If you have multiple people in your home, identify one emergency contact for everyone to call. During emergencies, phone, cell, and internet systems can be overloaded, so it is easier to contact one person and let them contact others.

My emergency contact person is:

Their phone number is:

Identify both a preferred and a backup evacuation location. If possible, these two locations should be in different directions from where you live.

If you need electric medical equipment, such as a ventilator, make sure your evacuation locations will have electricity. You may have to plan to travel a long distance from the fire to make sure power is available.

My evacuation locations are:

1. _____

2. _____

Plan to use the first location on this list unless it cannot be reached due to fire. Contact the emergency contact person listed above if you cannot get to location 1. That person should tell everyone else in the family to meet at location 2.

If I need to evacuate, the vehicle I will use is: _____

If I need help evacuating, I can call:

Name

Phone

1. _____

2. _____

3. _____

Other steps to prepare for safe evacuations include:

- Have **fire extinguishers** at home and make sure all family members know how to use them. Check the expiration dates on the extinguishers each year.
- Make sure everyone in your family knows where the _____ are located and how to safely shut them down during a fire.

