

## Clean Air at Home

Smoke from many sources contains fine particles. Wildfires, wood stoves, cigarettes and smoke from cooking all contain them.

When we breathe in these fine particles, they can get into the blood stream. For people with certain health conditions, this can lead to serious problems with the heart and lungs. People with heart disease or chronic lung disease including asthma can be at increased risk. Young children, pregnant women and people age 65 or over also can be at higher risk.

Several types of air cleaners can help protect these sensitive groups from the health effects of these particles. High efficiency particulate air (HEPA) filters help remove these particles from the air. Electro-static precipitator (ESP) filters can also trap these particles so you don't have to breathe them.

If a person is at risk for serious health problems from fine particles, using one of these air cleaners at home can decrease that risk.



 Oregon  
 Health  
 Authority  
 PUBLIC HEALTH DIVISION

Program:

<http://public.health.oregon.gov/Preparedness/Prepare/Pages/PrepareForWildfire.aspx>

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