



A Tradition of Stewardship
A Commitment to Service



Public Health
Prevent. Promote. Protect.
PUBLIC HEALTH DIVISION
Napa County Health & Human Services Agency

Health and Human Services Agency
Public Health Division

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RE: N-95 Respirator Masks

FROM: Dr. Karen Relucio, Health Officer

The fires in Napa County are causing hazardous air quality conditions. The best way to protect yourself from health effects of wildfire smoke is to limit your exposure.

Will a face mask protect me from wild fire smoke?

- The following **do not** protect your lungs from wildfire smoke:
 - Bandanas or towels (wet or dry) or tissue held over the mouth and nose: this may relieve dryness but won't protect your lungs from wildfire smoke
 - One-strap paper dust mask or a surgical mask that hooks around your ears: these don't protect against the fine particles in smoke
- "Particulate respirator" masks (respirator masks) labeled N95 or N100 provide **some protection**: they filter-out fine particles but not hazardous gases
 - The respirator masks do not seal well on people with facial hair or beards
 - **Respirator masks should not be used on young children**: they don't seal well enough to provide protection

Where can I get an N-95 respirator masks?

The Public Health Division and local hospitals and healthcare partners **do not** have enough N-95 respirator masks to distribute to the public. N-95 masks may be available at hardware stores or from online retailers. However, because of the fires, local suppliers may be experiencing shortages.

What can I do to protect myself if I don't have an N-95 respirator mask?

The more you do to limit your exposure to wildfire smoke, the more you will reduce your chances of having health effects. Depending on your situation, a combination of the strategies below may work best and give you the most protection from wildfire smoke.

- Keep indoor air as clean as possible. Keep windows and doors closed. Use a high-efficiency particulate air (HEPA) filter to reduce indoor air pollution. Avoid smoking tobacco, using wood-burning stoves or fireplaces, burning candles, incenses or vacuuming.
- Minimize the amount of time spent outdoors as much as possible. Avoid vigorous outdoor activities.
- Drink plenty of water
- Listen to your body and contact your healthcare provider or call 911 if you experience difficulty breathing, chest pain, severe fatigue, dizziness, or worsening of asthma or chronic respiratory illness.