

Filters in Our Lives, Decreasing Our Exposure to Wildland Smoke

National Academies of Sciences, Engineering and Medicine
Committee on
Respiratory Protection for the Public and Workers without
Respiratory Protection Programs at their Workplaces



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Confederated Tribes of the Colville Reservation

1.4 Million Acres

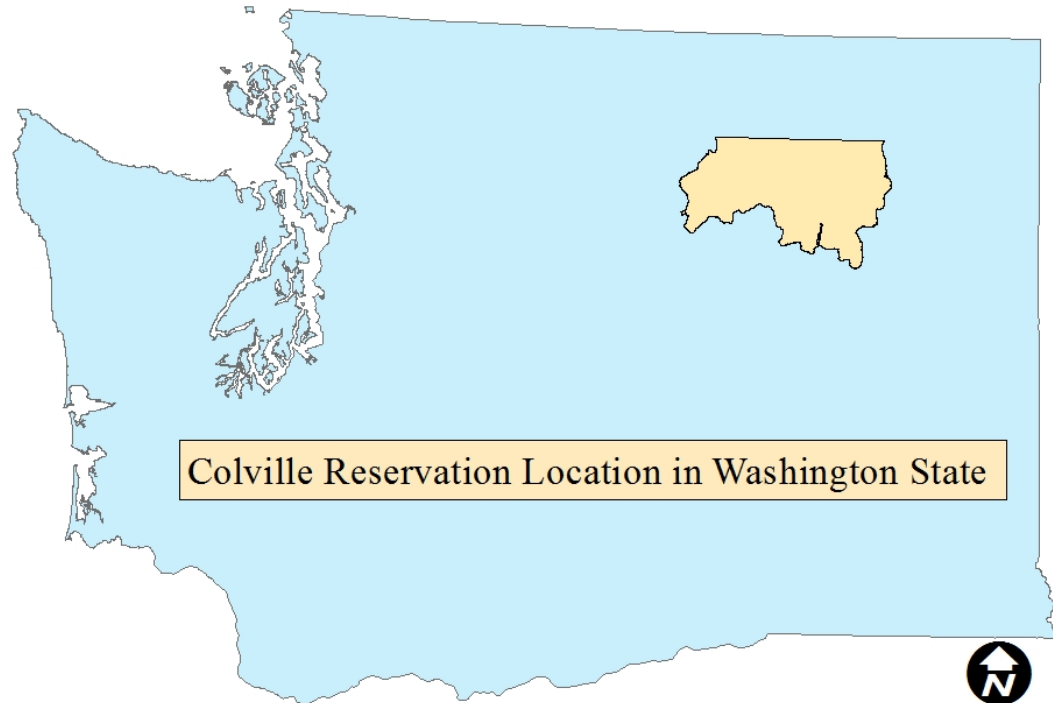
12 Tribes

7,587 residents

**3.5 people per
square mile**

**Major employers -
Tribal, County,
State and
Federal
governments**

**Lands in both
fee (20%)
trust (80%)**



Concentrations 250 to 800 $\mu\text{g}/\text{m}^3$



Indoor Concentrations 150 to 700 $\mu\text{g}/\text{m}^3$

Assume smoke will be in our lives and
our building will have smoke intrusion

**Air Filters are the best
investment to protect your
health**

**N95 Masks are an integral
part of that strategy**

N-95 Masks

- Many people ask for them and few wear them
- Styles
- Works with beards
- **Needs to become acceptable to wear**



Mask Distribution

Partner with Everyone

Distribute Widely

Advertise Mask Locations

Provide Instructions

Masks for Smoky Conditions

Wildfire smoke can irritate your eyes, nose, throat and lungs. It can make you cough and wheeze, and can make it hard to breathe. If you have asthma or another lung disease, or heart disease, inhaling wildfire smoke can be especially harmful.

If you become dizzy or nauseous, find an area with less smoke and seek medical attention.

Take steps to limit smoke intake by:

- Reducing all physical activity
- Stay indoors
- Use a home air purifier system
- Wear a mask

Use a mask when:

- Driving
- Taking short walks
- During limited outdoor activity

Only NIOSH approved N95 or P100 masks with two straps will protect you from wildfire smoke



- Choose the **correct** size mask for you
- Place one strap **over** the ear and one **under** as shown above
- Pinch metal dip over nose to tighten the mask around the nose
- **Replace** the mask if the inside is dirty or breathing becomes difficult

Consult your medical provider if you have any health issues that may affect mask use



Air.Quality@colvilletribes.com

Learn how you and your community can
become

Smoke Ready

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