

# PROTECT YOURSELF IN BURN ZONES

## Avoid skin contact

with ash and possible cuts by covering up:<sup>2</sup>

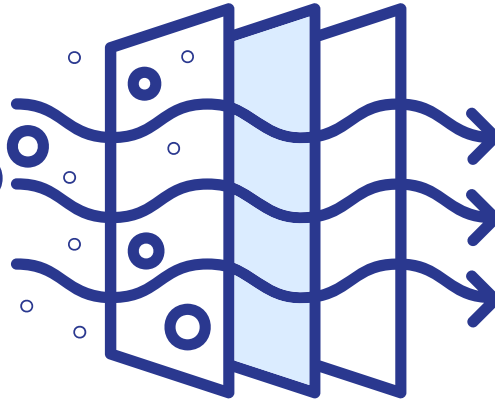
- Safety goggles if around ash
- Sturdy gloves
- Long-sleeve shirt
- Long pants
- Sturdy close-toed shoes
- Appropriate mask:

Anyone cleaning in burn zones should use NIOSH-approved P100 respirator masks only:

P100 respirators filter

# >99.97%

of airborne particles (like particulates, mists, fumes, gases, and vapors) and is strongly resistant to oil.<sup>3</sup>



However, they do not protect against vapors.



Look for **P100 filters** specifically combined with **charcoal cartridges** to filter more harmful gases and vapors!



Change the filters when it becomes difficult to breathe: the frequency of changing the filters depends on how contaminated the environment is.

### Sources:

1. "Wildfire Smoke", LA County
2. "Protecting Public Health from Home and Building Fire Ash". (2025). CA EPA.
3. "Approved Particulate Filtering Facepiece Respirators". (2024). CDC.



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# Cleaning Tips for Burn Zone Areas

Avoid exhausting physical activity as much as possible; rest often and take breaks

Physical exertion can make it harder for your body to cope with poor air quality! <sup>1</sup>



Try to limit time outdoors, especially in areas with heavy smoke



Drink lots of bottled water to help clear lungs and flush out toxins and avoid contact with stagnant water <sup>2</sup>

If your area recently had a Do-Not-Drink-Water Notice lifted, run all water faucets for 10 minutes or until the water runs clear

Seek medical help immediately if you begin to...

- feel dizzy
- have difficulty breathing
- experience chest-tightening symptoms <sup>1</sup>

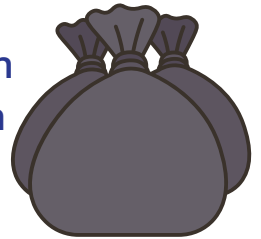


Lightly mist areas before gently sweeping, and follow up with wet mopping



Be careful to avoid bringing up ash in air!

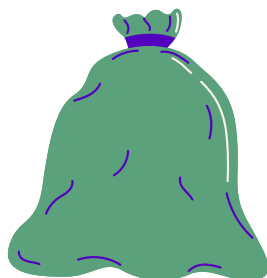
Double bag and tie trash to prevent soot and ash from blowing out <sup>3</sup>



## After Cleaning...

When leaving, bag your clothes and shoes before entering any vehicles to avoid spreading contaminants

Before leaving, use wet wipes to gently blot and remove contaminants, like ash and debris, from your skin and hair



Wash your clothes, removing any odors, and shower immediately <sup>3</sup>



# FAKAHAOFI KOE MEI HE FEITU'U OKU VELA

## Tui e vala e tokni

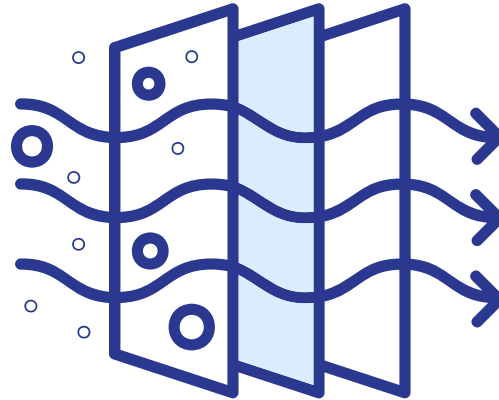
kia koe ke oua hu e fakaahu  
moe tokoni ke oua teke lavea!<sup>2</sup>

- Tui e matasioata ke fakahaofi ho'o mata mei he fakaahu
- Kofunima ngaue
- Falani nima loloa
- Talausese Loloa
- Su mapuni, Su oku ikai ava
- Tui e me'a ke fakaufiufi'i ho'o ngutu pea mo hoo 'Ihu

Kapau oku ke ngaue ha feitu'u na'e fakailonga nae vela fiema'u keke ngaue aki e me'a malu'i oku asi koe P100 NIOSH na'e tali.

## Koe P100

oku iai hono me'a sivi oku sivi ngaahi me'a oku ikai sai ke manava ai, pea oku ikai lava e lolo hu ai.<sup>3</sup>



P100 oku ikai  
ngata pe ene  
haofi koe mei he  
ngaahi hahau oe  
afi



Fekumi mo fakapaupau'i oku tohi e **P100**  
fakataha moe malala ke lahi ange  
hono fakahaofi koe mei he  
manava e **ngaahi uli oe ea.**



### Sources:

1. "Wildfire Smoke", LA County
2. "Protecting Public Health from Home and Building Fire Ash". (2025). CA EPA.
3. "Approved Particulate Filtering Facepiece Respirators". (2024). CDC.



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# Ngaahi tokoni ke Fakama'a e feitu'u oku vela.

Fiema'u keke tokanga o oua fu'u ngaue malohi pea ma'u ha malolo lelei.

Koe lahi koe ho'o ngaue oku faingata'a ange ia ki ho'o sino he oku ikai ma'a e ea!<sup>1</sup>



Inu ke lahi e hina vai ke tokoni ke fakama'a ho'o ma'ama'a hono to'o ngaahi 'uli kuo ke manava ki loto. Tokanga o 'oua 'ofi ki he vai 'oku fuoloa hono'tu'u pe koe vai na'e 'ofi ki he feitu'u vela.



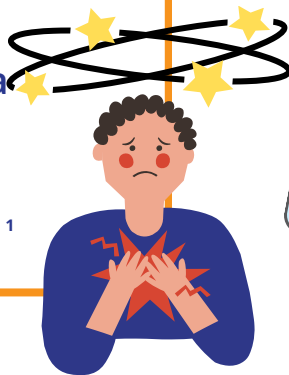
Fakangatangata ho'o taimi oku nofo i tu'a, tautefito ki he ngaahi feitu'u koe oku malohi ai e 'ahu.



Kapau na'e ouatu e fakatokanga ke 'oua 'inu e vai pea na'e fakafoki e fakatokanga, pea ke lele e vai ho'o 'api ke ma'a kotoa e uli pe koe minite 10.

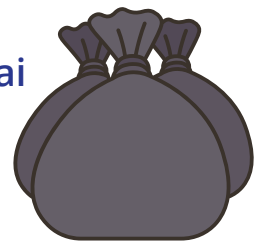
Fekumi ki ha toketa pe ko ha falemahaki kapau oku ke ongo'i

- ongo'i ninimo
- faingata'a ke manava pe koe
- kamata keke ongo'i faikehe ho'o fatafata<sup>1</sup>



Tokanga ke 'oua tafi e efuefu mei he vela ki he ea he 'oku kovi ia ke tau manava!

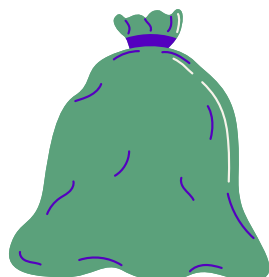
Fa'o e veve he milemila veve e ua ke oua puhi mai e uli moe veve ki tu'a.<sup>3</sup>



## 'Osi e fakama'a....

Ko ho'o alu pe, pea ke fa'o ho'o vala mo ho'o su ha milemila ki mu'a pea ke heka ho'o me'a lele ke 'oua puhi holo e 'uli.

Ki mu'a pea ke alu, ngaue 'aki e me'a ngaue fakama'a ke fufulu e 'uli mei ho'o ulu mo ho'o kili.



Fo ho'o vala ke to'o e nanamu oe afi, pea kaukau he vavetaha

# PUIPUI OE LAVA MAI SONE MUMŪ

## Aloese mai le pa'iina

o lou tino i asu ma manu'a i  
lou ofu i ofu e puipui ai le tino<sup>2</sup>

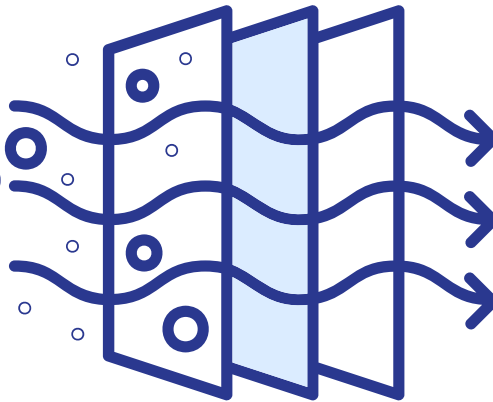
- Matatioata Saogalemu pe a lata i asu
- Totini Lima Malosi
- Ofu Lima Umi
- Ofu Vae Umi
- Se'evae e fa'apuipui ai tama'i vae ma fa'aleagagata
- Ufi mata talafeagai:

So'o se isi e tapenaina sone mumū e tatau ona fa'aogaina na'o le NIOSH-approved\* P100 Respirator Ufi mata

P100 respirators filter

>99.97%

of airborne particles (like particulates, mists, fumes, gases, and vapors) and is strongly resistant to oil.<sup>3</sup>



However,  
they do not  
protect against  
vapors.



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specifically combined with  
**charcoal cartridges**  
to filter more harmful gases and vapors!



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2. "Protecting Public Health from Home and Building Fire Ash". (2025). CA EPA.
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# Fautuaga mo le fa'amamāina o sone mumū i eria

Fa'aitiatia ai le so'ona fa'aaogaina o lou malosi, fai se toma ma malolo



Inu faguvai e tele e fesoasoani i le fa'amamā ma fufulu i fafo le pefu mai māmā ma aloese mai le pa'iina i vai fa'alētonu<sup>2</sup>



O le gaioi o le tino e mafai na fa'afaigatāi le mānavaina o ea ele'elea<sup>1</sup>

Fa'aeteete i le fa'aleleaina o pefu i le ea!

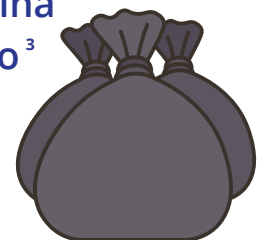


Talosaga atu mo feasoasoani pe afai ua amata ona e...

- lagona o le niniva
- fa'alētonu le mānava po'o
- lagona le o'omiga o le fatafata<sup>1</sup>



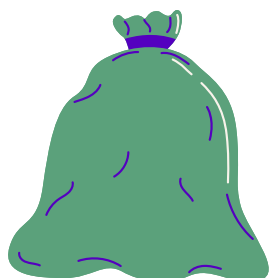
Fa'alua ona fa'atanapepaina o lapisi ina taofia le fa'aleleaina o asu ma pefu i fafo<sup>3</sup>



## A uma na fa'amamā...

Ae aloese, tu'u ou ofu ma se'evae i totonu o tanapepa ae le'i ulu i totonu o ta'avale ia fa'aitiatia le fa'apisia o tonu vaega

Ae le'i aloese, fa'aaoga pepa susu e o'omi ma solo ese pala, pei o pefu ma lapisi, mai ou tino ma lauulu



Tā ou ofu, aveese manogi pala, ma vave ona ta'aele<sup>3</sup>

# 在大火燒毀區域保護好自己

做好掩護避免皮膚接觸到灰燼和可能被割傷!<sup>2</sup>

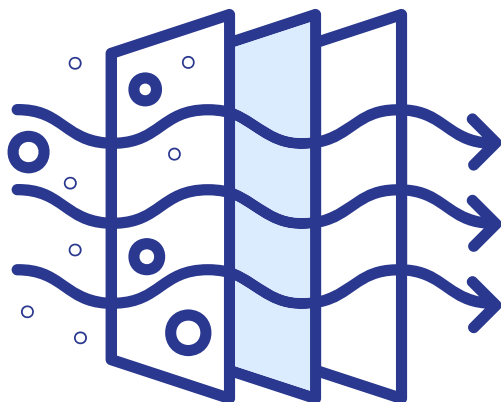
- 如果周圍有灰燼,請戴上安全護目鏡
- 耐用的手套
- 長袖襯衫
- 長褲
- 不露趾和穩固的鞋
- 合適的口罩:

所有在大火燒毀區域進行清理工作的人士都應該僅使用 **NIOSH** 認可的\* **P100** 呼吸防護口罩

P100 呼吸防護器可過濾

# 99.97%

以上的空氣傳播顆粒(如微粒、霧、煙、氣體和蒸氣),並且具有很強的抗油性。<sup>3</sup>



單單只有  
**P100** 過濾器  
無法防禦蒸氣...



尋找專門與炭筒結合的 **P100**

過濾器,以過濾更多有害氣體和蒸氣!



來源

1. "Wildfire Smoke", LA County
2. "Protecting Public Health from Home and Building Fire Ash". (2025). CA EPA.
3. "Approved Particulate Filtering Facepiece Respirators". (2024). CDC.



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# 清理大火燒毀區域的提示

盡量避免勞累的體力活動;應經常間斷和稍作休息

體力消耗會讓您的身體更難應對惡劣的空氣質量<sup>1</sup>



多喝瓶裝水以幫助清肺排毒,並避免接觸積水<sup>2</sup>



盡量減少戶外活動時間,尤其是在有濃煙的地區



如果您所在地區最近解除了「禁止飲用自來水」通知,請打開所有水龍頭 10 分鐘,或直到水變清為止

如果您開始出現以下症狀,請立即尋求醫療協助

- 感到暈眩
- 呼吸困難
- 出現胸悶症狀<sup>1</sup>



先稍微噴濕區域再輕輕掃地,然後用濕拖把拖地



小心避免將灰燼帶入空氣中

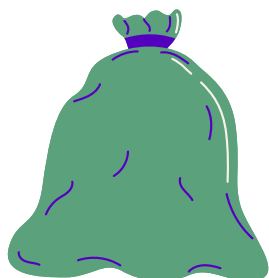
將垃圾用雙層袋子捆紮起來,以防止灰燼被吹走<sup>3</sup>



## 清理後:

離開前,用濕紙巾輕輕擦拭並清除皮膚和頭髮上的污染物,如灰燼和碎屑

離開時,在進入任何車子之前將衣服和鞋子裝袋,以避免傳播污染物



洗淨衣服,去除異味,然後立即洗澡<sup>3</sup>

# BẢO VỆ BẢN THÂN TRONG KHU VỰC BỊ HỎA HOẠN

## Tránh để da tiếp

xúc với tro và tránh bị đứt tay bằng cách che chắn!

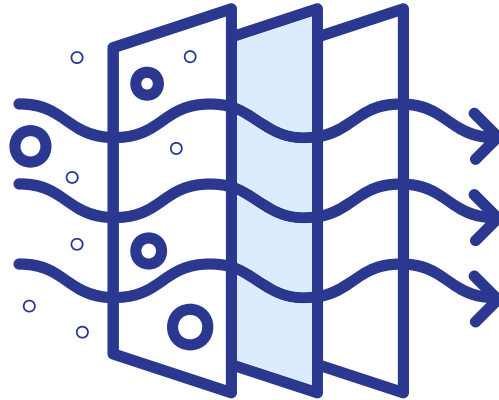
- Đeo kính bảo hộ nếu ở gần tro
- Mang găng tay chắc chắn
- Mặc áo tay dài
- Quần dài
- Giày bít ngón chân, chắc chắn
- Đeo khẩu trang phù hợp:

Bất kỳ ai dọn dẹp trong vùng bị hỏa hoạn đều phải sử dụng Mặt nạ Phòng Hơi Độc P100 được NIOSH chấp thuận\*

Mặt nạ Phòng Hơi Độc P100 lọc hơn

# 99.97%

các hạt bụi bay trong không khí (như hạt bụi, sương mù, khói, khí và hơi hóa chất) và có khả năng chống dầu mạnh mẽ.<sup>3</sup>



Bộ lọc P100 dùng riêng không thể bảo vệ chống lại hơi hóa chất....



Hãy tìm bộ lọc **P100** được kết hợp đặc biệt với hộp lọc bằng than để lọc nhiều khí và hơi độc hại hơn!



### Nguồn Thông Tin:

1. "Wildfire Smoke", LA County
2. "Protecting Public Health from Home and Building Fire Ash". (2025). CA EPA.
3. "Approved Particulate Filtering Facepiece Respirators". (2024). CDC.



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# Cách thức Dọn dẹp trong Khu vực bị Hỏa Hoạn

Tránh hoạt động thể chất quá sức càng nhiều càng tốt; nghỉ ngơi thường xuyên và nghỉ giải lao

Vận động thể chất có thể khiến cơ thể quý vị khó thích nghi với chất lượng không khí kém<sup>1</sup>



Uống nhiều nước đóng chai để giúp làm sạch phổi và đào thải độc tố, và tránh tiếp xúc với nước tù đọng<sup>2</sup>



Cố gắng hạn chế thời gian ở ngoài trời, đặc biệt là ở những khu vực có nhiều khói



Nếu khu vực của quý vị gần đây đã dỡ bỏ Thông báo Không Uống Nước, hãy mở tất cả các vòi nước trong 10 phút hoặc cho đến khi nước trong

Hãy tìm kiếm sự trợ giúp y tế ngay lập tức nếu quý vị bắt đầu

- cảm thấy chóng mặt
- gặp khó khăn khi thở
- có các triệu chứng thất ngực<sup>1</sup>

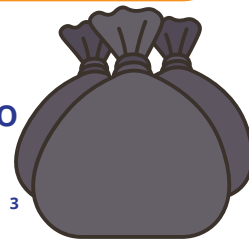


Xịt nước nhẹ các khu vực trước khi quét nhẹ và lau ướt sau đó



Hãy cẩn thận để tránh việc tro bay lên trong không khí

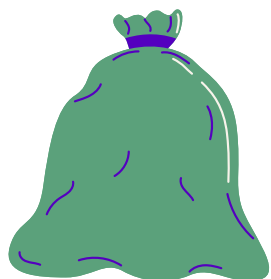
Dùng túi đôi và buộc chặt bao rác để ngăn không cho bồ hóng và tro bụi bay ra ngoài<sup>3</sup>



## Sau khi Dọn dẹp:

Khi rời khu vực, hãy bỏ quần áo và giày dép vào túi trước khi lên bất kỳ phương tiện chuyên chở nào để tránh phát tán chất gây ô nhiễm.

Trước khi rời khu vực dọn dẹp, hãy dùng khăn ướt để thấm nhẹ và loại bỏ các chất gây ô nhiễm, như tro và mảnh vụn, khỏi da và tóc của quý vị



Giặt quần áo, loại bỏ mùi hôi và tắm ngay lập tức

# 在大火烧毁区域保护好自己

## 做好掩护避免皮

肤接触到灰烬和可能被割伤!<sup>2</sup>

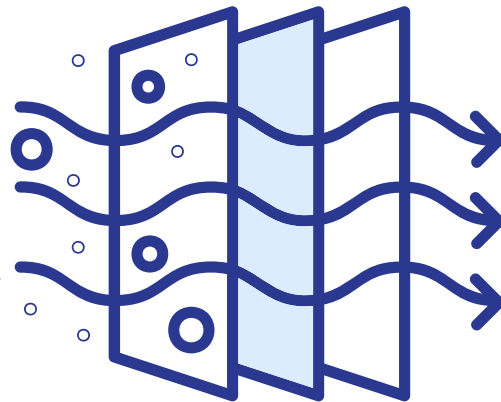
- 如果周围有灰烬,请佩戴安全护目镜
- 耐用的手套
- 长袖衬衫
- 长裤
- 不露趾和稳固的鞋
- 合适的口罩

所有在大火烧毁区域进行清理工作的人士都应该仅使用 **NIOSH 认可的\* P100** 呼吸防护口罩

P100 呼吸防护器可过滤

# 99.97%

以上的空气传播颗粒(如微粒、雾、烟、气体和蒸气),并且具有很强的抗油性。



## 单单只有 P100 过滤器无法防御蒸气...



## 寻找专门与炭筒结合的 P100

### 过滤器,以过滤更多有害气体和蒸气!



来源

1. "Wildfire Smoke", LA County
2. "Protecting Public Health from Home and Building Fire Ash". (2025). CA EPA.
3. "Approved Particulate Filtering Facepiece Respirators". (2024). CDC.



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# 清理大火烧毁区域的提示

尽量避免劳累的体力活动;  
应经常间断和稍作休息

体力消耗会让您的身体更难  
应对恶劣的空气质量<sup>1</sup>



尽量减少户外活动时间,  
尤其是在有浓烟的地区



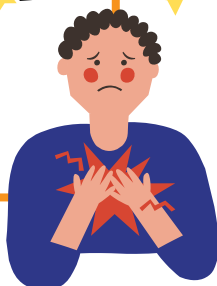
多喝瓶装水以帮助清肺排毒,  
并避免接触积水<sup>2</sup>



如果您所在地区最近解除了  
「禁止饮用自来水」  
通知,请打开所有水  
龙头 10 分钟,或直到水变清为止

如果您开始出现以下症状,  
请立即寻求医疗协助

- 感到晕眩
- 呼吸困难
- 出现胸闷症状



先稍微喷湿区域再轻轻扫地,然后用湿拖把拖地



小心避免将灰烬带入空气中

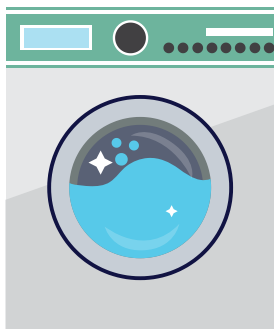
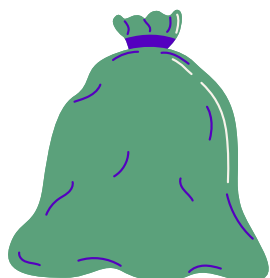
将垃圾用双层袋子捆扎起  
来,以防止灰烬被吹走<sup>3</sup>



## 清理后:

离开前,用湿纸巾轻轻擦拭并清除皮肤和  
头发上的污染物,如灰烬和碎屑

离开时,在进入任何车子之前将衣服  
和鞋子装袋,以避免传播污染物



洗净衣服,去除异味,  
然后立即洗澡<sup>3</sup>

# PROTÉJASE EN LAS ÁREAS DE INCENDIOS

¡Cúbrase para evitar  
el contacto de la piel con la  
ceniza y posibles cortadas!<sup>2</sup>

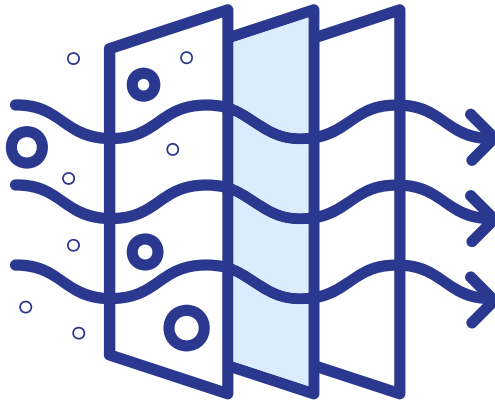
- Lentes protectores si se encuentra donde hay ceniza
- Guantes gruesos
- Camisa de manga larga
- Pantalones largos
- Zapatos cerrados y resistentes
- Máscara adecuada:

Cualquier persona que esté limpiando en las zonas de incendios debe utilizar solamente máscaras de respiración NIOSH (siglas en inglés)

Los respiradores P100 filtran

**>99.97%**

de las partículas del aire (como las particuladas, los vahos, el humo, los gases, y los vapores)<sup>3</sup>



El utilizar los  
filtros P100 de  
manera única  
no protege  
contra los  
vapores...



¡Busque los **filtros P100**  
que estén específicamente combinados  
con **cartuchos de carbón**  
para filtrar los gases y vapores dañinos!



## Fuentes

1. "Wildfire Smoke", LA County
2. "Protecting Public Health from Home and Building Fire Ash". (2025). CA EPA.
3. "Approved Particulate Filtering Facepiece Respirators". (2024). CDC.



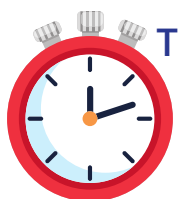
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# Trucos de limpieza para las zonas de incendios

Evite la actividad física desgastante lo más que pueda; descanse seguido y tome descansos.

La actividad física desgastante dificulta que el cuerpo se adapte a la mala calidad del aire<sup>1</sup>



Trate de limitar el tiempo al aire libre, especialmente en áreas de alto humo.



Tome mucha agua embotellada para ayudar a limpiar los pulmones y deshacerse de las toxinas. Evite el agua estancada.<sup>2</sup>

Si en su área se retiró la notificación de no beber el agua, deje que corra el agua de las llaves por los menos 10 minutos o hasta que salga agua cristalina



Busque ayuda médica de inmediato si empieza a...

- sentirse mareado
- tener dificultades al respirar o
- sentir apretamiento del pecho<sup>1</sup>



Ligeramente rocíe las áreas antes de barrer, y siga con una trapeada mojada



Tenga cuidado de no desparramar las cenizas al aire

Use doble bolsas y amárrelas con nudo para prevenir que se desparrame la ceniza y el hollín<sup>3</sup>



## Después de limpiar:

Al retirarse, coloque su ropa y zapatos en una bolsa antes de entrar a su vehículo para evitar desparramar contaminantes



Antes de retirarse, use toallitas mojadas para remover contaminantes de su piel y cabello como la ceniza y la basura



Lave su ropa y remueva cualquier olor, y báñese de inmediato<sup>3</sup>

# PROTEKTAHA N ANG IYONG SARILI SA MGA SONA NG SUNOG

Iwasan ang pagkakadikit ng balat sa abo at posibleng mga hiwa sa pamamagitan ng pagtatakip!<sup>2</sup>

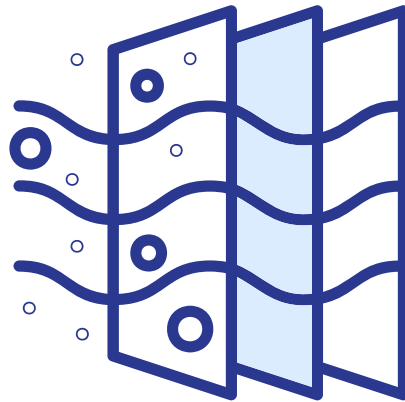
- Mga salamin na pangkaligtasan (safety goggles) kung nasa paligid ng abo
- Matibay na guwantes
- Kamiseta na may mahabang manggas
- Pantalon
- Sapatos na matibay at sarado ang dulo
- Angkop na takip sa mukha (mask):

Ang sinumang naglilinis sa mga sona ng sunog ay dapat gumamit lamang ng mga P100 Respirator Mask na aprubado ng NIOSH

Ang mga P100 Respirator ay sinasala ang

# >99.97%

ng lumulutang na mga partikulo (tulad ng mga maliliit na butil, ambon, mga usok, gas, at mga singaw) at malakas na lumalaban sa langis<sup>3</sup>



Ang P100 na filter lamang ay hindi nagpoprotekta laban sa mga singaw...



Maghanap ng **na filter na partikular** na sinamahan ng **mga kartutso ng uling (charcoal cartridge)**

tpara salain ang mas nakakapinsalang mga gas at singaw!



## Mga pinagmumulan

1. "Wildfire Smoke", LA County
2. "Protecting Public Health from Home and Building Fire Ash". (2025). CA EPA.
3. "Approved Particulate Filtering Facepiece Respirators". (2024). CDC.



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# Mga Tip sa Paglilinis para sa mga Sona ng Sunog

Iwasan ang nakakapagod na pisikal na aktibidad hangga't maaari; huminto paminsan-minsan at madalas magpahinga

Ang pisikal na paggalaw ay maaaring gawing mas mahirap para sa iyong katawan na makayanan ang mababang kalidad ng hangin<sup>1</sup>



Subukang limitahan ang oras sa labas, lalo na sa mga lugar na may matinding usok

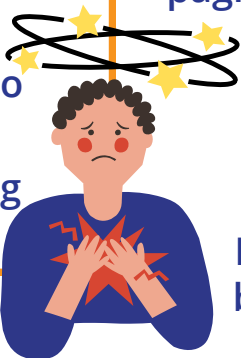


Uminom ng maraming de-boteng tubig upang makatulong sa paglilis ng mga бага at pagtanggap ng mga lason at iwasan ang madikit sa tubig na nakababad<sup>2</sup>

Kung ang iyong lugar ay kamakailan na tinanggalan ng Do-Not-Drink-Water Notice (Abiso na Huwag-Inumin-ang-Tubig), paagusin ang lahat ng gripo ng tubig ng 10 minuto o hanggang malinaw na ang agos ng tubig.

Humanap agad ng Tulong na Medikal kung magsimula ka na...

- makaramdam ng pagkahilo
- mahirapan sa paghinga o
- makaranas ng mga sintomas ng panikip ng dibdib



Bahagyang ambunan (i-mist) ang mga lugar bago dahan-dahang magwalis, at sundan ng paglilis na gamit ang basang basahan (mop)



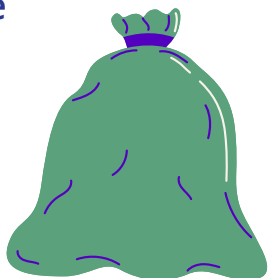
Maingat na iwasan ang paglutang ng abo sa hangin!

Doblehin ang bag at itali ang basura upang maiwasan ang pagbuga ng uling at abo<sup>3</sup>



## Pagkatapos Maglilis...

Sa pag-alis, ilagay ang iyong mga damit at sapatos sa isang bag bago pumasok sa anumang sasakyan upang maiwasan ang pagkalat ng mga kontaminante



Bago umalis, gumamit ng mga basang pangpunas upang marahan na alisin ang mga kontaminante, tulad ng abo at mga labi, sa iyong balat at buhok



Labhan ang iyong mga damit, para alisin ang anumang amoy, at maligo kaagad<sup>4</sup>

# 화재 피해 지역에서 자신을 보호하십시오.

재와 날카로운 물체로 인한 상처를 피하기 위해 피부를 가리고 보호하십시오!<sup>2</sup>

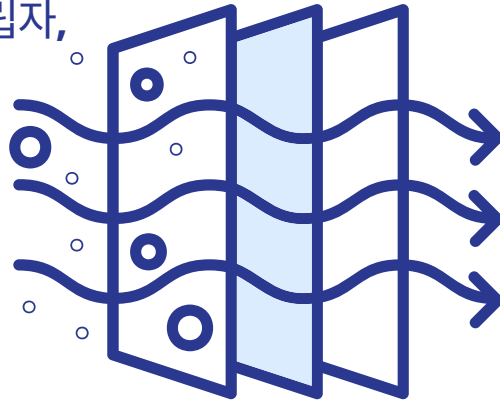
- 재가 있는 곳에서는 안전 보안 경 착용
- 튼튼한 장갑
- 긴소매 셔츠
- 긴 바지
- 앞이 막힌 튼튼한 신발
- 적합한 마스크:

화재 피해 지역에서 청소하는 모든 사람은 NIOSH 승인\* P100 호흡 보호 마스크만 착용해야 합니다.

P100마스크는 공기 중 입자(미립자, 안개, 연기, 가스, 증기 등)를

# 99.97%

이상 걸러내며 기름에 대한 내성이 강합니다.<sup>3</sup>



**P100** 필터만으로는 증기를 차단할 수 없습니다....



더 해로운 가스 증기를 걸러내기 위해 활성탄 카트리지가 결합된

# P100

필터를 구하십시오!



출처

1. "Wildfire Smoke", LA County
2. "Protecting Public Health from Home and Building Fire Ash". (2025). CA EPA.
3. "Approved Particulate Filtering Facepiece Respirators". (2024). CDC.



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# 화재 피해 지역 청소 요령

가능한 한 무리한 신체 활동을 피하고 자주 쉬며 휴식을 취하십시오.

무리한 신체 활동은 신체가 열악한 공기질에 적응하기 어렵게 만들 수 있습니다.



특히 연기가 심한 지역에서는 실외 활동 시간을 제한하십시오.



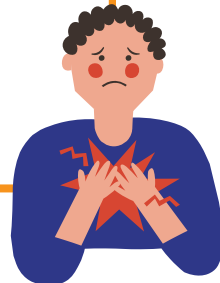
폐를 깨끗이 하고 독소를 배출하기 위해 생수를 많이 마시고, 고인 물과의 접촉을<sup>2</sup>



거주 지역에 최근 식수 금지 주의보가 해제된 경우, 모든 수도꼭지를 10분간 또는 물이 맑아질 때까지 틀어 놓으십시오.

다음과 같은 증상이 나타나기 시작하면 즉시 의료진의 도움을 받으십시오.

- 어지러움을 느낄 경우
- 호흡이 어렵거나
- 가슴이 조이는 증상을 경험하는 경우<sup>1</sup>



가볍게 분무한 후 부드럽게 쏘고, 이후에 물걸레질을 하십시오.



재가 공기 중에 날리지 않도록 주의하십시오.

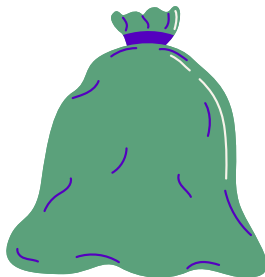
그을음과 재가 날리지 않도록 쓰레기를 이중으로 봉투에 담고 단단히 묶으십시오.<sup>3</sup>



## 청소 후:

오염 확산을 방지하기 위해 차량에 탑승하기 전에 옷과 신발을 봉투에 넣어 보관하십시오.

떠나기 전에 물티슈를 사용하여 피부와 머리카락에 묻은 재나 잔해와 같은 오염물을 부드럽게 닦아내십시오.



옷을 세탁하여 냄새를 제거하고, 즉시 샤워하십시오.<sup>3</sup>

# 焼失区域で 身を守る

くれぐれも肌を覆い、灰に触れたり、切り傷を負ったりしないようにしてください!<sup>2</sup>

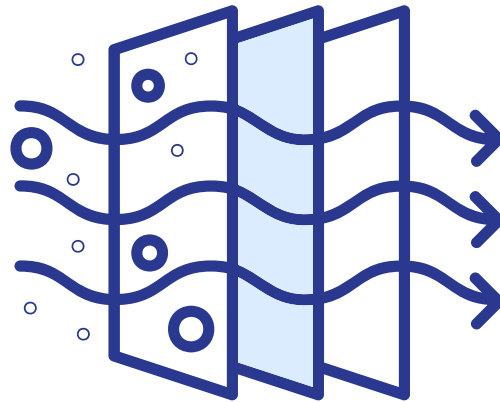
- 灰が舞う場所では安全ゴーグルを着用
  - 丈夫な手袋
  - 長袖シャツ
  - 長ズボン
  - つま先が閉じた丈夫な靴
  - 適切なマスク
- Anyone cleaning in burn zones should use NIOSH-approved\* P100 respirator masks only.**

**P100** 呼吸マスクは、空気中の粒子 (微粒子、霧、煙、ガス、蒸気など) を

# 99.97%

以上ろ過し、油に強い耐性があります。

3



**P100** フィルターだけでは蒸気から身を守ってはくれません...



さらに有害なガスや蒸気をろ過するために、活性炭カートリッジとセットになった **P100**

フィルターをお求めください!



出典

1. "Wildfire Smoke", LA County
2. "Protecting Public Health from Home and Building Fire Ash". (2025). CA EPA.
3. "Approved Particulate Filtering Facepiece Respirators". (2024). CDC.



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# 焼失区域の清掃のヒント

できるだけ体を酷使しないようにし、  
こまめに休息を取りましょう

体を酷使すると、劣悪な大気に  
体がついていけなくなります<sup>1</sup>



特に煙が立ち込める地域  
では、屋外にいる時間を  
制限してください。

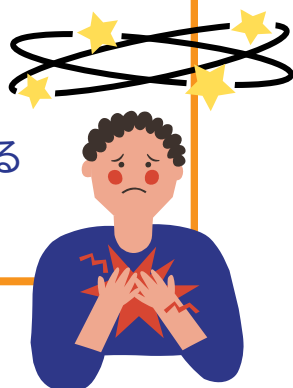


ボトル水をたくさん飲んで肺を浄化  
し、毒素を排出し、よどんだ水に触  
れないようにしてください<sup>2</sup>

最近「飲用禁止」の通知が解除された地  
域では、すべての蛇口の水道を10分間、  
または水が透明になるまで出しっぱなし  
にしてください

このような症状が出た場合は、  
すぐに医療機関を受診してください

- めまいを感じる
- 呼吸困難
- 胸が締め付けられる  
ような症状<sup>1</sup>

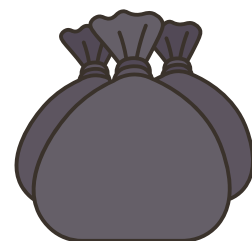


軽く霧吹きをしてから軽く掃き、濡れたモッ  
プで拭き掃除をしてください



灰が空中に舞い上がらないよう  
注意してください

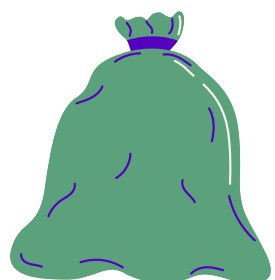
すすや灰が飛散しないよ  
うゴミ袋を二重にして縛  
ってください



## 清掃後

撤退時、汚染物質の拡散を防ぐた  
め、車に乗る前に衣服や靴を袋に  
入れてください

撤退する前、ウェットティッシュで肌や髪に  
ついた灰やゴミなどの汚染物質を優しく拭き  
取りましょう



衣服を洗濯して臭いを取り除き、  
すぐにシャワーを浴びましょう

# ปกป้องตัวเอง เมื่ออยู่ในพื้นที่ที่ ถูกไฟไหม้

## หลีกเลี่ยง พิ่วสัมพัทธ์กับซี

เก้าและการถูกบาดที่อาจเกิดขึ้นได้ โดย  
การปี ดคลุมตัวให้มิดชิด!<sup>2</sup>

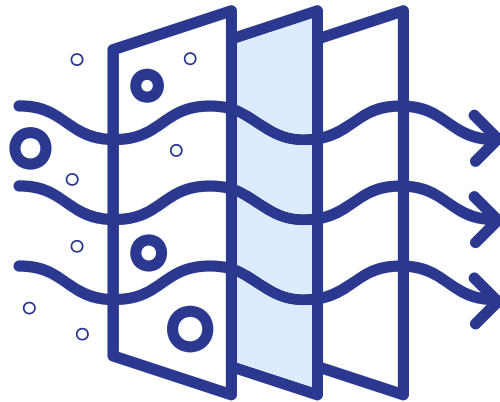
- แวนตานีรภัย หากอยู่บริเวณซีเก้า
- ถุงมือที่เหนียวทน
- เสื้อแขนยาว
- กางเกงขายาว
- รองเท้าหุ้มนี้ วเท้า ที่แข็งแรงทนทาน
- หน้ากากที่เหมาะสม:

ใครก็ตามที่ทำความสะอาดในพื้นที่  
ที่เกิดไฟไหม้ควรใช้หน้ากาก  
ป้องกันระบบหายใจ **พี100** ที่ได้รับ  
การรับรองจาก **NIOSH\*** เท่านั้น

อุปกรณ์ป้องกันระบบหายใจ  
พี**100**กรองอนุภาคในอากาศ (เช่น  
ฝุ่น ละออง หมอกควัน ก๊าซ และไอ  
ระเหย) ได้

# >99.97%

และมี ความทนทานต่อ น้ำมันเป็ นอู  
ย่างดีมาก



ตัวกรอง **พี100**  
เพียงอย่างเดียว  
ไม่สามารถ  
ป้องกันไอระเหย  
ได้....



มองหาตัวกรอง **พี100** ที่ใช้  
ร่วมกับตลับกรองถ่านกัมมันต์  
โดยเฉพาะเพื่อกรองก๊าซและไอ  
ระเหยอันตรายได้มากขึ้น!



แหล่งที่มา

1. "Wildfire Smoke", LA County
2. "Protecting Public Health from Home and Building Fire Ash". (2025). CA EPA.
3. "Approved Particulate Filtering Facepiece Respirators". (2024). CDC.



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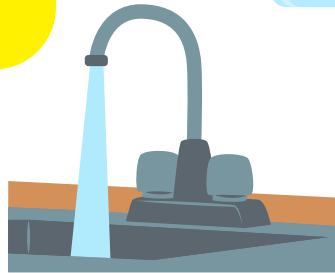
# ข้อเสนอแนะในการทำความสะอาด บริเวณพื้นที่ ที่ถูกไฟไหม้

หลีกเลี่ยงกิจกรรมทางกายที่เหนื่อยล้า ให้มากที่สุดเท่าที่จะทำได้; พักผ่อนบ่อยๆ และหยุดพักเป็น ระยะเวลา

การออกกำลังกายสามารถทำให้ร่างกายของคุณรับมือกับคุณภาพอากาศที่ไม่ดีได้ยากขึ้น <sup>1</sup>



พยายามจำกัดเวลาในการอยู่ภายนอกอาคารโดยเฉพาะในบริเวณที่มีควันหนาแน่น



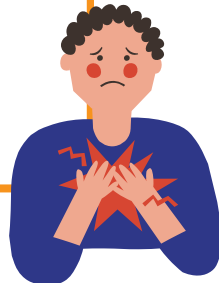
ดื่มน้ำบรรจขวดให้มากๆ เพื่อช่วยชำระล้างปอดและขับสารพิษออก และหลีกเลี่ยงการสัมผัสน้ำ ชั่งนึ่ง <sup>2</sup>

หากพื้นที่ของคุณ เพิ่งมีการยกเลิกประกาศห้ามดื่มน้ำ ให้เปิดน้ำ จากก๊อกนี้ ทุกก๊อกเป็น เวลา 10 นาที หรือจนกว่าน้ำ จะไหลออกมาใส

ขอความช่วยเหลือทางการแพทย์ทันที

หากคุณเริ่มจะ

- รู้สึกเวียนหัว
- มีปัญหาในการหายใจ
- มีอาการหายใจลำบาก หรือ
- มีอาการแน่นหน้าอก <sup>1</sup>

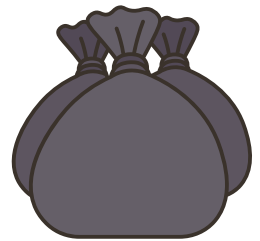


พ่นละอองน้ำ บางๆลงบริเวณต่างๆ ก่อนจะกวาดเบาๆ และตามด้วยการถูพื้นแบบเปีย ยก



ระวังอย่าให้ขี้เถ้าลอยฟุ้งในอากาศ

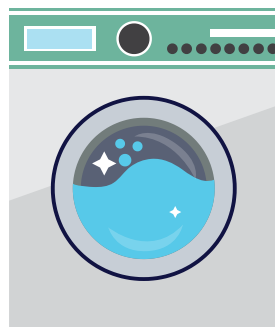
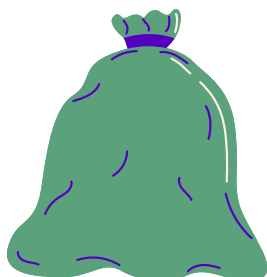
ใส่ถุง 2 ชั้นและมัดปากถุง เพื่อป้องกันเขม่าและขี้เถ้าฟุ้งกระจาย <sup>3</sup>



## หลังการทำความสะอาด:

ขณะที่ออกมา ควรเก็บเสื้อผ้าและรองเท้าใส่ถุงก่อนขึ้นยานพาหนะใดๆ เพื่อหลีกเลี่ยงการแพร่กระจายของสารปนเปื้อน

ก่อนออกมา ให้ใช้ผ้าเช็ดเปีย ยกซับเบาๆ และขจัดสารปนเปื้อน เช่น ขี้เถ้าและเศษซากออกจากผิวหนังและเส้นผมของคุณ



ซักเสื้อผ้าให้สะอาด ให้ปราศจากกลิ่น และอบนึ่ง <sup>3</sup>