

●●●●●●●●

Breathing Easier: Protecting Kids With Asthma From Wildfire Smoke

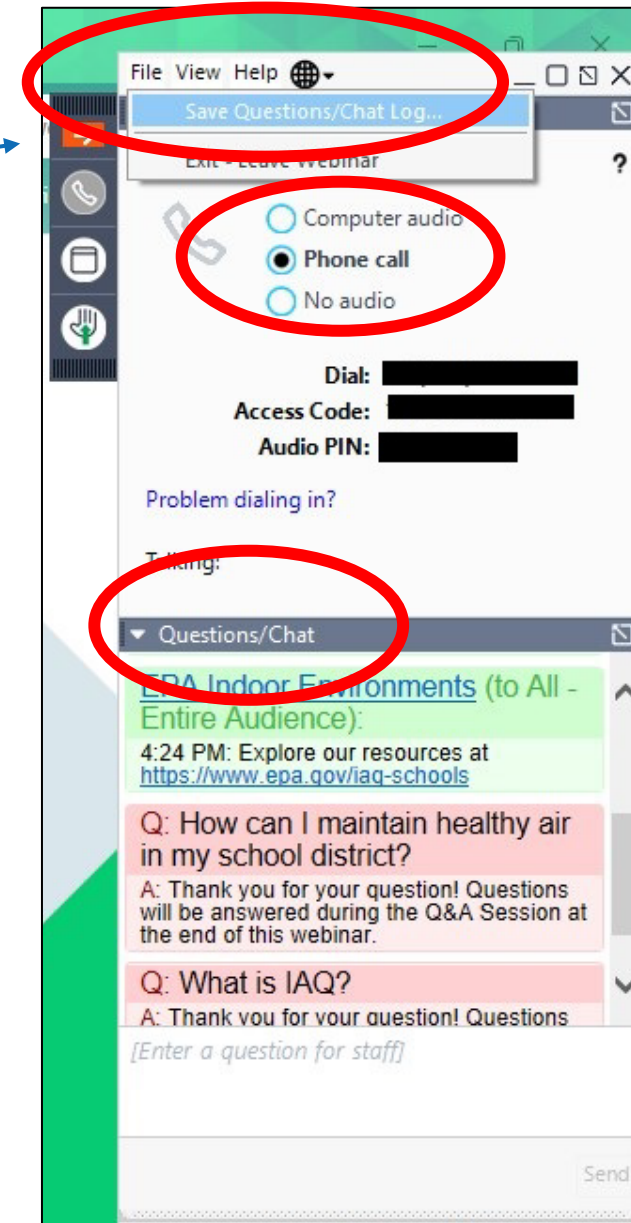


Hosted by the U.S. Environmental Protection Agency (EPA)

August 13, 2025

GoTo Webinar Tips and Tricks

- Use the GoTo Webinar control panel to:
 - **Customize audio options.** The sound will default from your computer speakers, but a phone-in option is also available. This phone line is **not** toll-free.
 - *Please note: All participants are in listen-only mode and will be unable to unmute.*
- Use the GoTo Webinar questions/chat pane to:
 - **Submit questions**, comments, and any tech help requests.
 - **View helpful resources** that will be posted there throughout the webinar. To save the chat at the end of the webinar, select “File” and “Save Questions/Chat log”.



Agenda



- I. Welcome and Introductions 5 minutes**
- II. Framing the Webinar 15 minutes**
 - A. EPA's Asthma Program Background*
 - B. Wildfire Smoke Impacts on Asthma*
 - C. About the National Environmental Leadership Award in Asthma Management*
- III. Featured Speaker Presentation: Montana Asthma Control Program 25 minutes**
- IV. Facilitated Expert Panel Discussion 40 minutes**
- V. EPA Asthma and Wildfire Resources 5 minutes**

EPA's Asthma Program

Environment Plays a Critical Role in Asthma Control



Framing the Webinar

- Federal asthma guidelines recognize environmental trigger reduction as a critical component of comprehensive asthma care.*
- The evidence demonstrates that in-home environmental interventions are effective at improving asthma control.†

EPA is a federal lead for the integration of environmental risk reduction into standards of care.



* NHLBI. *Guidelines for the Diagnosis and Management of Asthma* (EPR-3). 2007. www.nhlbi.nih.gov/health-topics/guidelines-for-diagnosis-management-of-asthma

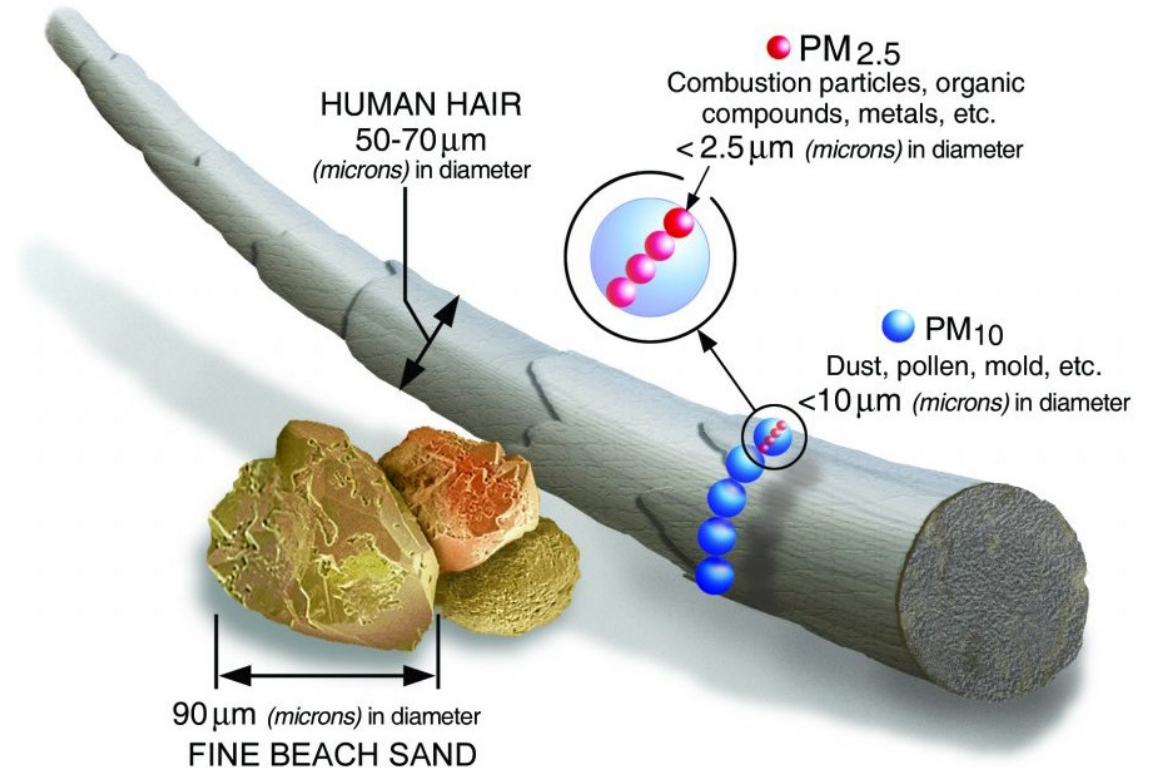
† CDC. *The Guide to Community Preventive Services*. 2005. www.thecommunityguide.org

Wildfire Smoke and Asthma

Framing the Webinar



- Wildfire smoke is a complex mixture of gases and **fine particles** produced when wood and other organic materials burn.
- While healthy individuals may experience minimal effects, **people with chronic lung conditions such as asthma are especially vulnerable.**
- **Children are particularly susceptible to smoke¹** for several reasons:
 1. Their respiratory systems are still developing.
 2. They breathe more air (and air pollution) per pound of body weight than adults.
 3. They're more likely to be active outdoors.



1. How Smoke from Fires Can Affect Your Health. (2021). www.airnow.gov/sites/default/files/2021-08/how-smoke-from-fire-can-affect-your-health-2021-v1-d1.pdf

EPA's Asthma Program

Achieving Results Community by Community



- EPA's Asthma Program in the Indoor Environments Division is a non-regulatory, voluntary program that **equips communities to deliver and sustain in-home environmental asthma interventions** to achieve substantial improvements in health and quality-of-life outcomes.
- We engage with and learn from communities in a variety of ways:
 - **Community of Practice (CoP):** Our flagship CoP convenes leading practitioners across the country.
 - **Recognition for National Leaders in Environmental Asthma Management:** Spotlight best practices and approaches.
 - **AsthmaCommunityNetwork.org:** An online platform of 1,100+ community programs synthesizes and spreads learning to advance community-level action.



About the National Environmental Leadership Award in Asthma Management



Framing the Webinar

The application focuses on three areas:

1. Comprehensive Asthma Management
 - Management and Operations
 - Integrated Health Care Services
 - **Tailored Environmental Services**
2. Getting Results: Evaluation
3. Sustainability

EPA is celebrating the 20th anniversary of the National Environmental Leadership Award in Asthma Management.



About the National Environmental Leadership Award

in Asthma Management

Framing the Webinar

- Since 2005, 54 asthma programs have been inducted into the Awards Hall of Fame.
- The 2025 Award Winner is the **Montana Asthma Control Program**.



Today's Featured Speaker



BJ Biskupiak, Program Manager
Montana Asthma Control Program (MACP)
Montana Department of Public Health & Human Services



Montana Asthma Control Program

Environmental Interventions to Support Asthma Control



DEPARTMENT OF
**PUBLIC HEALTH &
HUMAN SERVICES**

Asthma in Montana

Montana Asthma Burden Report March 2024

The **Montana Asthma Control Program (MACP)** is committed to addressing the public health concern of asthma. The MACP is responsible for Montana's asthma surveillance, as well as implementing evidence-based interventions to improve asthma control and prevention.

Asthma-related Emergency Department & Hospitalizations

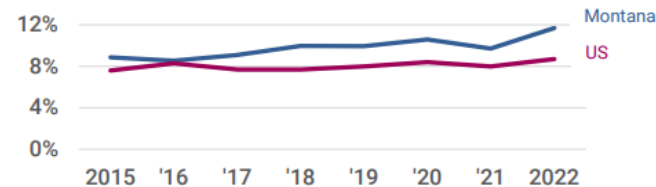
Source: 2022 Montana Hospital and ED Data where asthma was the primary source of visit

	Emergency Department Visits	Hospitalizations
Total Charges	\$4,153,910	\$4,856,816
Stays/Visits	1,771	308
Average Charge	\$2,346	\$15,769

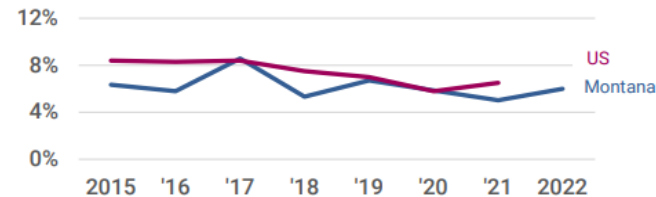
US and Montana Asthma

Source: 2015-2022 BRFSS

From 2015 to 2022, there was a slight increase in the percentage of adults with current asthma in **Montana**.



The prevalence of **US** and **Montana** children with current asthma were similar from 2015 to 2021.



Population

Source: US Census

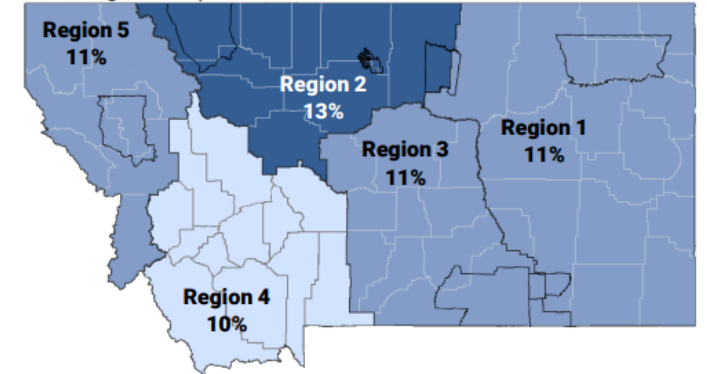
As of 2020, Montana has a population of

1,122,867

Adult Asthma Prevalence in Health Planning Regions

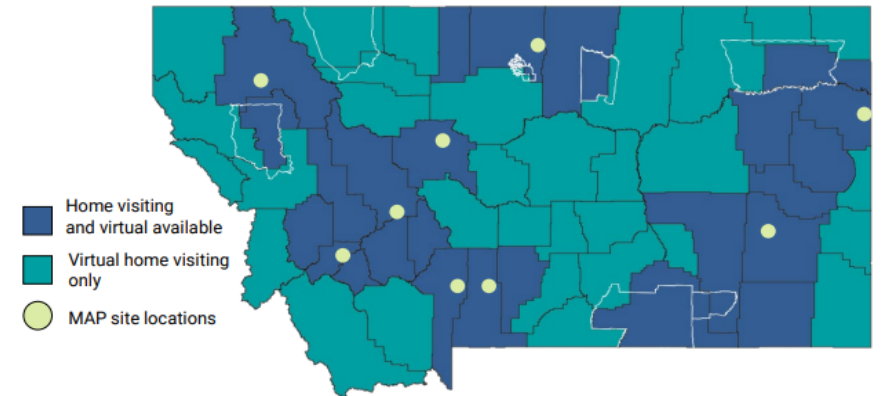
Source: 2021-2022 BRFSS

Region 2 is slightly higher in adult asthma prevalence compared to surrounding regions. Asthma prevalence by region was determined by calculating percentages of adults with current asthma within each region compared to adults who did not have current asthma.



Montana Asthma Home Visiting Program (MAP)

MAP provides free asthma education for people of all ages with uncontrolled asthma. The program includes 6 interactions with a trained healthcare provider over the course of one year. In-home visits are available in 25 counties, virtual visits are available in all 56 counties.



DEPARTMENT OF
**PUBLIC HEALTH &
HUMAN SERVICES**



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Agency for Toxic Substances and Disease Registry (ATSDR)

Notice of Funding Opportunity

Application due April 19, 2024

Advancing Health Equity in Asthma Control through EXHALE Strategies

Opportunity number: CDC-RFA-EH-24-0016



CDC EXHALE STRATEGIES



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

Key Priority Areas



Public Health & Healthcare Infrastructure



Achievement of Guidelines-Based Medical Management



Patient & Caregiver Education



Tobacco Use Prevention & Cessation



Environmental Policies & Best Practices to Reduce Asthma Triggers



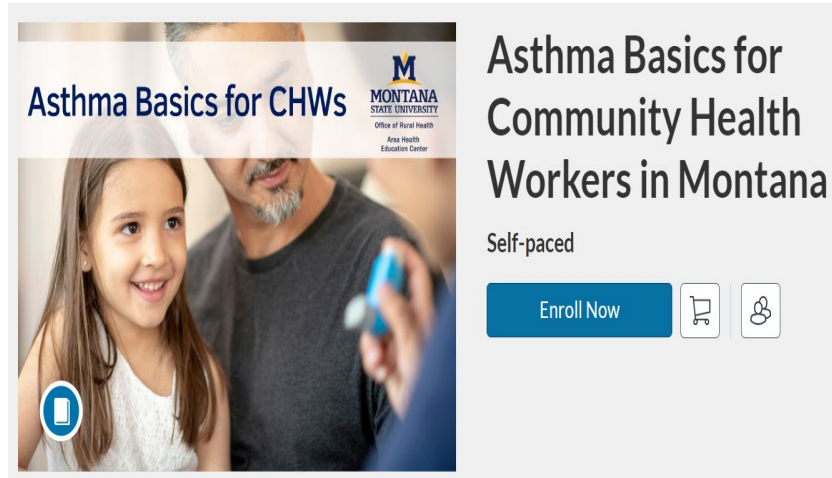
DEPARTMENT OF
**PUBLIC HEALTH &
HUMAN SERVICES**

PARTNERSHIPS

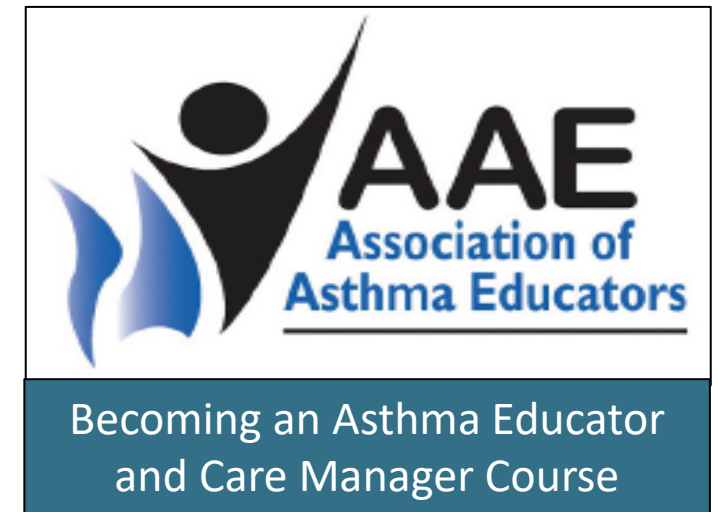
- AAE — Association of Asthma Educators
- ALA — American Lung Association
- MECP — Montana Early Childhood Project
- NEEF — National Environmental Education Association
- OPI — Montana Office of Public Instruction
- University of Montana–Skaggs School of Pharmacy
- Local Public Health
- Montana Department of Environmental Quality
- Montana Health Professionals for a Healthy Climate



Healthcare Provider Education



Asthma Lunch & Learn Webinars



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

Healthcare Support

Clinical Quality Improvement Projects

1. Improve health outcomes in patients with a diagnosis of asthma
2. Reduce asthma-related healthcare costs
3. Increase access to quality asthma care and asthma self-management education (AS-ME)
4. Increase linkages to the Montana Asthma Home Visiting Program and other services



Asthma Demo Kits/Materials

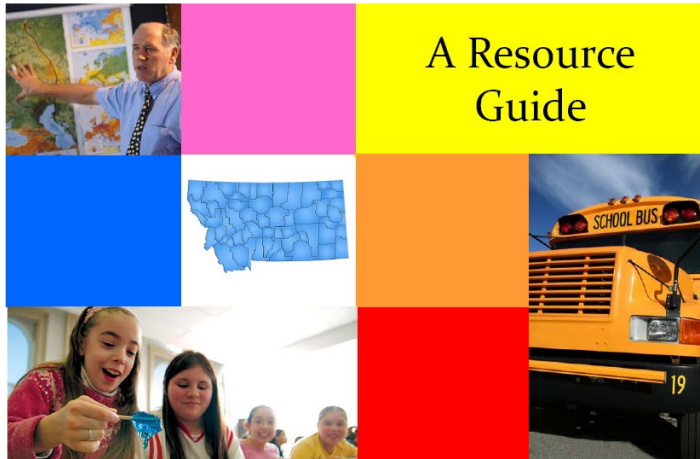


DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

Caregiver Education



Creating Asthma Friendly
Schools in Montana



A Resource
Guide

Asthma Education
For Childcare
Providers



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

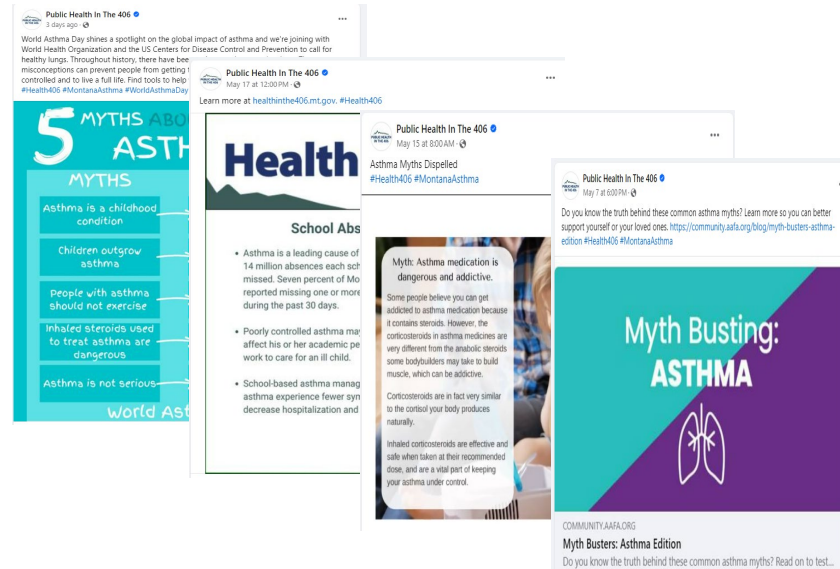
Asthma Awareness Efforts



Asthma Podcast: “Every Breath is a Gift”

Rachel Anderson shares her daughter Mia’s story. Through this two-part series, Rachel shares her entire journey, the many health challenges her daughter faced, and why she’s eager to share this important story.

dphhs.mt.gov/healthinthe406/talking



NEWS

Serving Montanans in their communities to improve health, safety, and well-being, and to empower independence.

FOR IMMEDIATE RELEASE

Date: May 7, 2024

Contact: Jon Ebel, Communications Director, DPHHS, (406) 444-0936, (406) 461-3757

jebelt@mt.gov

DPHHS Recognizes World Asthma Day

May is National Asthma and Allergy Awareness Month and May 7th is World Asthma Day. This year, World Asthma Day takes place under the theme “**Asthma Education Empowers**”.

The Department of Public Health and Human Services (DPHHS) and the Montana Asthma Control Program (MACP) are participating in World Asthma Day and Asthma Awareness Month to raise awareness about the health consequences and personal and financial costs of asthma.

Asthma is a common chronic disease of the respiratory tract affecting children and adults. Common symptoms include coughing, wheezing, shortness of breath, and chest tightness.

“While asthma can be controlled, asthma attacks can cause adults to miss work and children to miss school,” said BJ Biskupiak of the MACP for DPHHS. **“These dangerous and sometimes life-threatening episodes reduce the quality of life for people with asthma.”**

Various factors are associated with an increased risk of asthma, including environmental factors, genetic predisposition, and lifestyle factors. Asthma tends to run in families and is more likely to occur in people with allergies. Several other factors can increase the risk of asthma, including low birth weight, exposure to tobacco smoke, air pollution, or obesity.

The Montana Asthma Home Visiting Program (MAP) is a free education program available to Montana residents of any age living with uncontrolled asthma. The MAP involves six points of contact over a 12-month period with a health care professional trained in asthma education and environmental trigger control. Clients receive tailored asthma education, a home environmental assessment, linkages to social support, a spacer for medication delivery, and a HEPA air purifier.



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

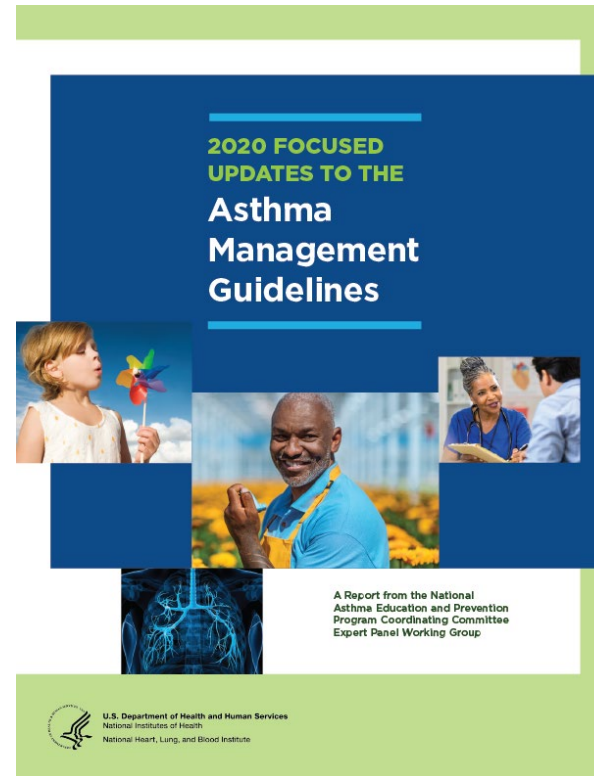
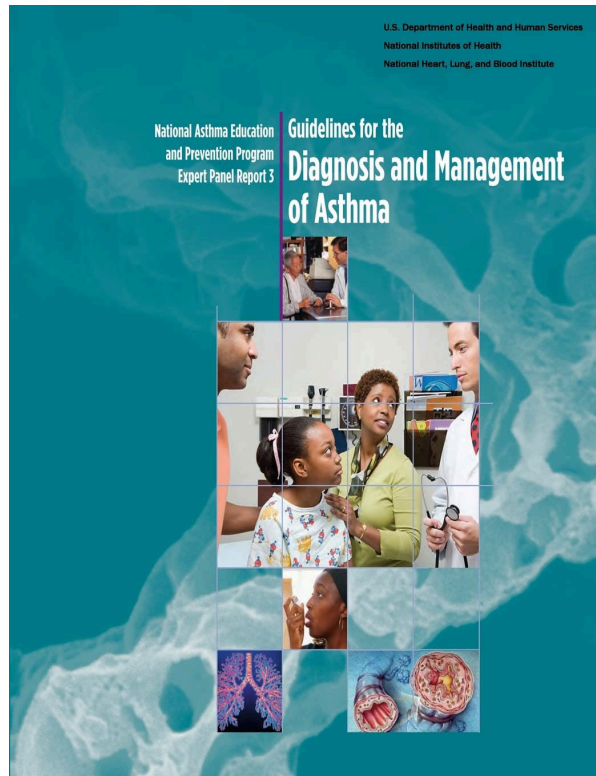
Montana Asthma Home Visiting Program



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

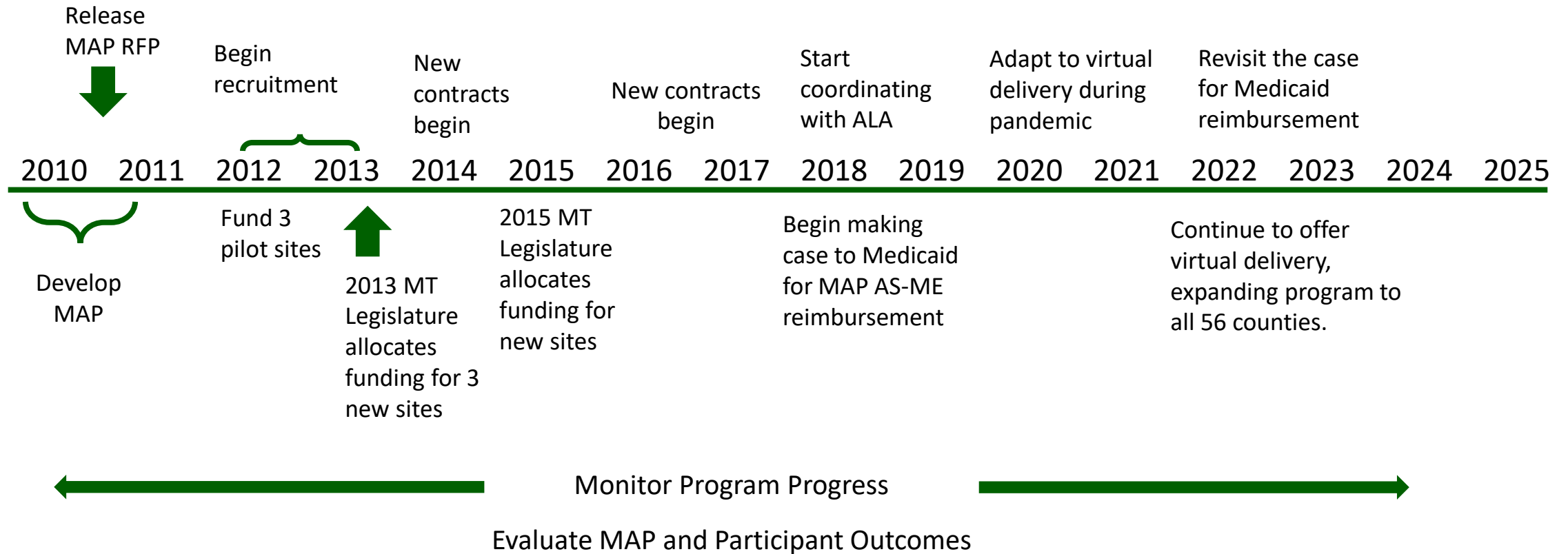
Recommended by National Guidelines

Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

MAP Timeline



Montana Asthma Home Visiting Program



Multi-component, home-based intervention to address asthma

Target audience: Montanans with uncontrolled asthma and their families

Includes both environmental and educational components



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

Primary Features of MAP

Trained Professionals

Asthma
Self-Management Education


Home Environmental
Assessments/Intervention

Care Coordination/Referrals



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

Program Structure

Visit 1 (0-Month)		Data Collection, Asthma Knowledge Quiz, ACT, AS-ME, Inhaler Technique
Visit 2 (1-Month)		Discuss AAP, Asthma Knowledge Quiz, AS-ME, Home Environmental Assessment, Review Incentive Material
Visit 3 (3-month)		Review Home Envir. Assessment Results, Discuss Progress Towards Goals (AAP, Medication Usage, Etc.), AS-ME (as needed)
Visit 4 (6-month)		Data Collection, Asthma Knowledge Quiz, ACT, AS-ME, Inhaler Technique, AAP Review
Visit 5 (9-month)		Address any questions or concerns about education or environmental issues
Visit 6 (12-month)		Data Collection, Make Final Referrals (as needed), Asthma Knowledge Quiz, ACT, Final AS-ME Review (as needed)

Contractor Sites Receive

- Funding to implement program
- Marketing materials
- Referral outreach support and TA
- Annual training

Participants Receive

- 4 to 6 contacts over 12 months
- Tailored AS-ME Education
- Educational materials
- Participation incentives
- Care coordination



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

Home Environmental Assessments/Intervention

Home Characteristics and Asthma Triggers

Checklist for Home Visitors

Using this Home Assessment Can Help Make Homes Healthier.

A trained home visitor can help find common asthma triggers in homes and discuss ways to reduce and remove triggers. Removing asthma triggers in the home, along with proper medical care can improve health.

The checklist is organized into a Core Assessment plus two appendices (Dust Mite Module and Mold and Moisture Module). The Core Assessment can be used for all types of housing and climates, but the additional modules can be used if dust mites or mold/moisture issues are suspected by the trained home visitor. The suggested action items in this checklist are generally simple and low cost.



Glossary of Asthma Triggers Commonly Found in Homes

Combustion by-products

Triggers: Particles and gases that are formed when fuel is burned.

Where Found: Gas cooking appliances, fireplaces, woodstoves, candles, incense, cigarettes, and unvented kerosene and gas space heaters.

Dust Mites

Triggers: Body parts and droppings.

Where Found: Mattresses, bedding, carpeting, curtains, upholstered furniture, and stuffed toys. Dust mites are too small to be seen with the naked eye. They can survive in a range of climates, but they prefer high humidity.

Mold

Triggers: Mold spores, fragments, and odors.

Where Found: Indoor mold growth is often found in areas with more moisture such as kitchens, bathrooms, and basements, or areas where water damage has occurred. There are many types of mold and they can be found in any climate.

Pests

Triggers: Cockroaches—Body parts and droppings. Rodents—Fur, skin flakes, and urine.

Where Found: Areas with food and water such as kitchens, bathrooms, and basements.

Pets with fur

Triggers: Fur, skin flakes, and saliva.

Where Found: Throughout entire home.

Secondhand Smoke

Triggers: Mix of smoke from the burning end of a cigarette, pipe, or cigar and the smoke exhaled by a smoker.

Where Found: Anywhere that smoking is allowed.

Volatile organic compounds (VOCs)

Triggers: Chemical vapors that come from household items.

Where Found: Products such as cleaning agents, deodorizers, air fresheners, perfumes, paints, nail polish, and nail polish remover.



MOLD AND MOISTURE MODULE

Answers in a **red checkbox** (first column) are associated with moisture and potentially mold. A **yellow checkbox** (second column) indicates medium potential for concern, and a **green checkbox** (third column) indicates low potential for concern.

The more checkmarks you have in **red checkboxes**, the more likely it is that you have moisture and mold in your home. You can take actions shown at the end of this list.

Building

Is there a crawlspace under the building? ☐ Yes ☐ No ☐ Don't know

Are any of the bedrooms in the basement? ☐ Yes ☐ No

NOTE: Many crawl spaces and basements are damp and may have mold that can enter the home.

Heating, Ventilation and Cooling

In the bathroom where you shower or bathe, does the exhaust fan work? ☐ No ☐ N/A ☐ Don't know ☐ Yes

If YES, how frequently do you use it when showering or bathing? ☐ Never ☐ Sometimes ☐ All the time ☐ N/A

Does your kitchen vent exhaust outdoors? ☐ No ☐ N/A ☐ Don't know ☐ Yes

Does your clothes dryer exhaust outdoors? ☐ No ☐ N/A ☐ Don't know ☐ Yes

NOTE: Properly maintained exhaust fans that vent to the outdoors can reduce humidity levels. If there are no exhaust fans or the exhaust fans do not work or do not vent outside, high humidity can develop in the home and can lead to mold growth.

Carpet

Do you have wall-to-wall carpeting in your kitchen or bathrooms? ☐ Yes ☐ No

What kind of floor covering is in the bedroom? ☐ Wall-to-wall carpeting ☐ Some carpeting ☐ All smooth floor

NOTE: Carpeting in areas that are prone to water spills can be hard to dry. Damp carpeting can lead to mold growth and create a place where dust mites can thrive.

Dampness

In the last 12 months, have you noticed condensation on windows in your home? ☐ Yes ☐ No

NOTE: Condensation (water droplets) on windows is a sign that moisture you may not see is forming on other surfaces. Even though you can't see this moisture, it can lead to mold growth.

Have any of your furnishings, clothes, possessions been in a building that had water damage? ☐ Yes ☐ Don't know ☐ No

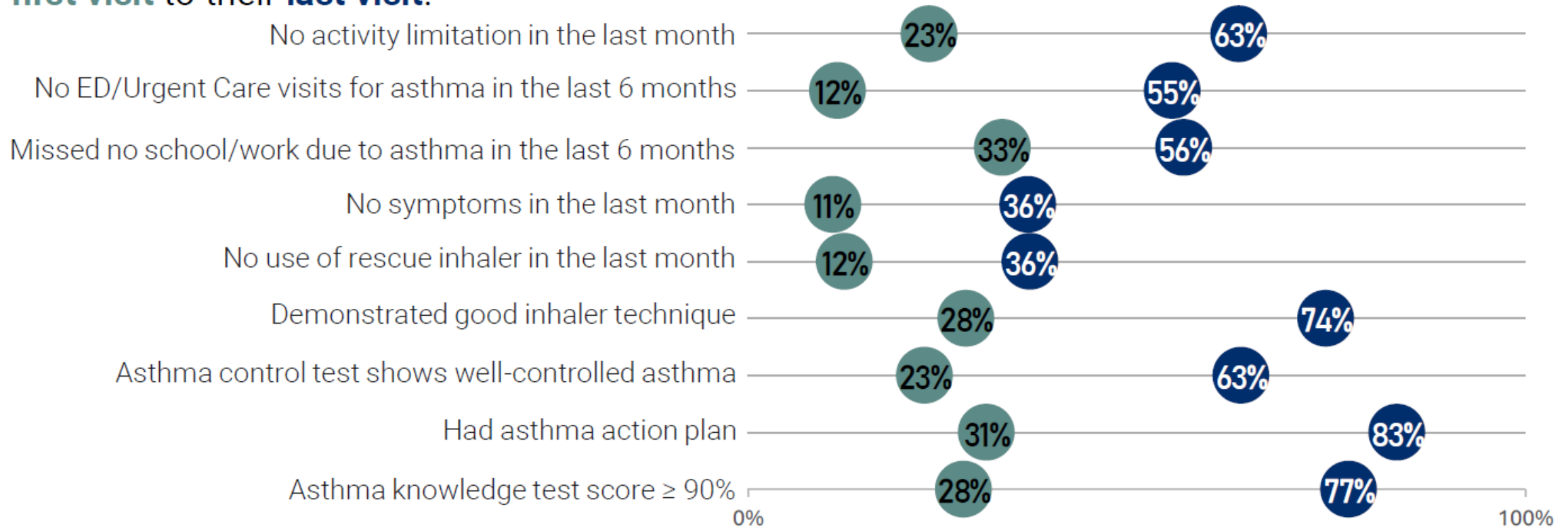
NOTE: Anything that was water-damaged could have mold. Bringing those items into a new home could lead to more mold in the new home.



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

Participant Outcomes

An increasing number of MAP participants saw an improvement in their asthma health from the **first visit** to their **last visit**.



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

Cost Savings Among Medicaid Members

	Self-Reported Number in Last 6 Months			Estimated Reported Costs and Savings in 12 months		
Asthma-related healthcare usage	Baseline Visit	12-month exit visit		Baseline	1 year	Difference
	# Visits	# Visits	% Change			
Routine checks in last year	144	135	--			
ED visits in last 6 months	201	24	- 88%	\$98,000	\$16,300	\$81,700
Urgent care in last 6 months	148	24	- 84%	\$22,100	\$4,200	\$17,900
Hospitalizations in last 6 months	19	4	- 78%	\$54,600	\$26,400	\$28,200
Total				\$174,700	\$46,900	\$127,800

Information based on claims data for 387 Medicaid Members enrolled in MAP from 2011 to 2021



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES



MONTANA
ASTHMA CONTROL
PROGRAM

Montana Asthma Home Visiting Program

Complete this form to request information about Montana Asthma Home Visiting Program.

The contact information provided through this Montana Asthma Home Visiting Program (MAP) Referral Form are solely to be used by the Home visiting program for enrollment into the Montana Asthma Home Visiting Program. Contact information will not be shared outside the Montana Asthma Home Visiting Program and will not be used for other purposes.

Montana residents with a current asthma diagnosis. Individuals must have either an emergency department visit, hospitalization, or unscheduled medical office visit for asthma OR an Asthma Control Test score less than 20 in the last year. * Montanans with asthma who do not meet these requirements are still eligible for MAP with a direct referral from their provider.

☒ Self-Referral

☐ Referral from a provider/organization

*First Name:

*Last Name:

Contact name if different from referred individual:

*City:

*County:

*Site:

*Phone:

*Email:

☐ I'm not a robot



Submit



MONTANA
ASTHMA CONTROL
PROGRAM

Montana Asthma Home Visiting Program

Complete this form to request information about Montana Asthma Home Visiting Program.

The contact information provided through this Montana Asthma Home Visiting Program (MAP) Referral Form are solely to be used by the Home visiting program for enrollment into the Montana Asthma Home Visiting Program. Contact information will not be shared outside the Montana Asthma Home Visiting Program and will not be used for other purposes.

Montana residents with a current asthma diagnosis. Individuals must have either an emergency department visit, hospitalization, or unscheduled medical office visit for asthma OR an Asthma Control Test score less than 20 in the last year. * Montanans with asthma who do not meet these requirements are still eligible for MAP with a direct referral from their provider.

☐ Self-Referral

☒ Referral from a provider/organization

Provider Information

*Provider/Organization:

*Preferred method of Communication

☐ Phone ☐ Email ☐ Both

*Provider/Organization Phone:

*Provider/Organization Email:

Client/Patient Information

*First Name:

*Last Name:

Contact name if different from referred individual:

*City:

*County:

*Site:

*Phone:

*Email:

☐ I'm not a robot



Submit



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

Environmental Focus

Wildfire Smoke and Air Quality



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

School Administrative Rules

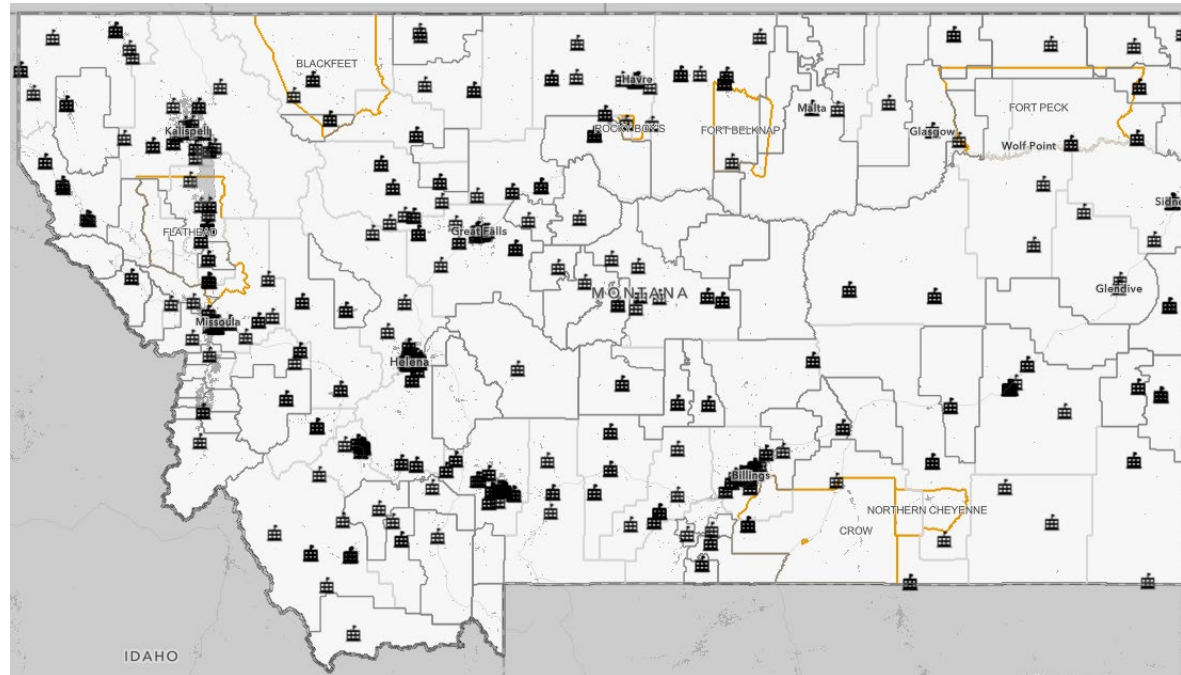
Highlights of Updated ARMS

- Schools must develop and implement approved integrated pest management programs.
- Schools must reference Outdoor Air Quality and Activity Guidelines developed by DPHHS, DEQ, and OPI when determining to delay or cancel school-sponsored events during times of poor local air quality.
- Schools must have a written protocol for minimizing the infiltration of outdoor air into school buildings to the best of their ability during poor outdoor air quality conditions.
- Air filters in school HVAC must meet minimum industry efficiency standards.
- Schools must perform annual indoor air quality inspections including an inspection of the school HVAC system, if applicable.



Air Cleaners in Schools

MACP coordinated the distribution of over 10,000 HEPA Air Cleaners to schools with support from federal COVID-19 School Reopening Funds.



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

Supporting clean air among priority populations in Western Montana through clear messaging, training, and public spaces.

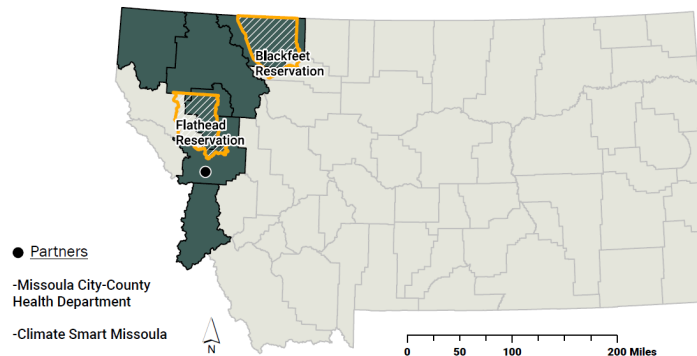
Strategy 1: Develop communication to outreach to the public, including smoke readiness planning

- Develop and disseminate communication tools tailored to different populations
- Educate public on home air filter options
- Encourage and support coordination and participation in a smoke readiness awareness week

Strategy 2: Technical training

- Provide training opportunities to building and HVAC managers in ASHRAE guidance and other indoor air quality topics
- Create and provide educational materials for building managers on ventilation and air quality

Counties and Tribal Nations Receiving Focused EPA Air Quality Grant Support



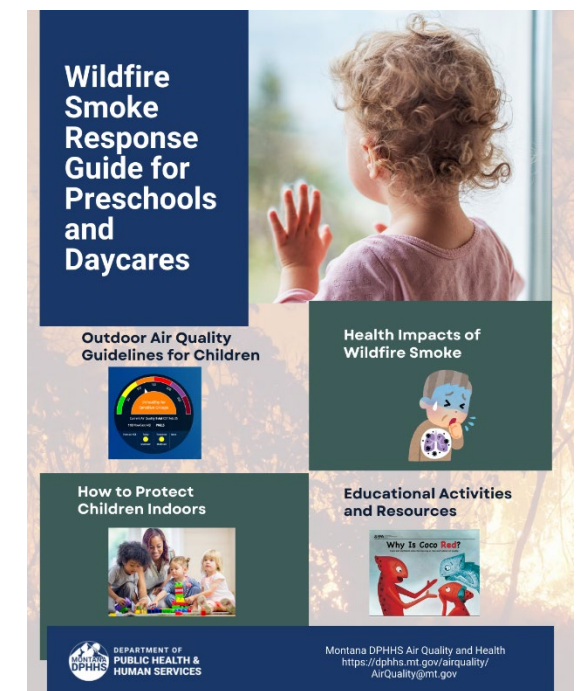
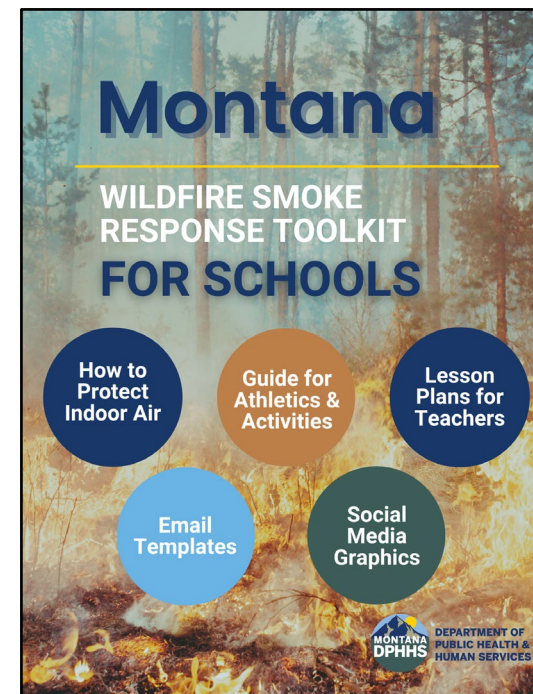
Strategy 3: Clean air recognition program, including the deployment of portable air cleaners, indoor and outdoor air quality monitoring, and preparation of community cleaner air spaces

- Develop a cleaner air center recognition program that is replicable and scalable
- Identify six buildings per year to participate and commit to being a public space with cleaner air
- Deploy air quality monitors and air cleaners at these buildings



Communication Tools and Education

Toolkits Developed



In the Toolkits

Sample Press Releases

Sample Press Release #1

CONTACT: [Name]
[County] County Health Department
Phone [(XXX) XXX-XXXX]
Email [email address]

High Temperatures and Smoky Air Could Cause Heat-Related Illness

[City, State] – County public health officials urge people across the state to take precautions to protect themselves and their families from heat-related illness as temperatures and air quality reach potentially unhealthy levels.

The National Weather Service is predicting weather that could bring prolonged periods of high temperatures and smoke across the state. Smoke levels can rise and fall, but the combination of high temperatures and wildfire smoke in the [affected] area could be dangerous, especially for older adults, young children, and people with asthma, said [Health Officer, position].

Public health officials urge all Montanans to take the following precautions to protect themselves and their families from heat-related illness during a smoke event.

- Reduce the amount of time spent outdoors. This can usually be done by staying in a lightly closed, air-conditioned house in which the air conditions are good instead of bringing in outdoor air.
- Reduce the amount of time engaged in vigorous outdoor physical activity. Important and effective strategy to decrease exposure to inhaled smoke during a smoke event.
- Reduce other sources of indoor air pollution such as burning gas, propane, and wood burning stoves and furnaces; cooking; and smoking indoors.
- Individuals with heart disease or lung diseases such as asthma should seek medical advice about prevention and treatment of symptoms.

For more information about your community's air quality, visit todayair.mt.gov or airquality.mt.gov.

For air quality advisories from the Montana Department of Environmental Quality, visit deq.mt.gov.

Checklist for Clean Indoor Air During a Wildfire Smoke Event

Wildfire smoke affects both indoor and outdoor air. If you live in an area where wildfire or wildfire smoke risk is high, consider these steps to keep you and your loved ones stay safe.

- Follow AirNow.gov Fire and Smoke site for current air quality information.
- Keep doors and windows closed. If necessary, open windows at night to cool your home.
- Avoid stovetop cooking, candle burning, and smoking indoors.
- Use a HEPA Air Cleaner or DIY Box Fan Filter.

If you can't clean the air in your entire home, focus on one room and spend most of your time there.

Additional steps when traveling in the car or for those with air conditioning in their homes

- Replace system filter.
- Change A/C settings to recirculate.

For more information, visit the Montana DPHHS Air Quality website or montanawildfiresmoke.org.

Wildfire Smoke Preparedness Week

Run a HEPA air cleaner or a DIY filter in the room you spend the most time in during a wildfire smoke event.

Wildfire Smoke Preparedness Week

Seal doors and windows to help protect your indoor air during wildfire smoke season.

Common Short-Term Health Effects of Wildfire Smoke

Dehydration

Wildfire Smoke & Your Health

Protecting Yourself Indoors

Why do we worry about indoor air and wildfire smoke?

Wildfire smoke contains particulate matter that is four times smaller and up to ten times more toxic than other pollution. These tiny particles enter our homes and commercial buildings through open doors and windows, HVAC systems, and poorly sealed homes. They then travel into our lungs and in high quantities, can enter the bloodstream. This is harmful to all of us, but can be dangerous (and in some cases, deadly) to those with lung or heart conditions or those who are pregnant, children, or senior citizens.

Symptoms of Smoke Exposure

Wildfire smoke exposure may increase the risk of respiratory infections like bronchitis and pneumonia. Persons with lung or heart conditions should keep their rescue medication stocked and available. Closely monitor those who are more vulnerable and seek medical attention if symptoms become more noticeable.

Protecting Your Indoor Air

During a smoke event, the air inside can become as unhealthy as the air outside. These strategies protect the air in your home, community buildings, and businesses.

- Keep doors and windows closed.
- Replace furnace filter with MERV 13 or higher.
- Use a HEPA air purifier or a DIY filter.
- Seal cracks in doors and windows.
- Change A/C setting to recirculate.

For more information visit airquality.mt.gov.

Wildfire Smoke & Employee Health

Employees should be aware that wildfire smoke may adversely affect the health of their workforce and prepare to take action to limit their workers' exposures when wildfire smoke is impacting a work environment.

- Check PM2.5**
Today's Air PM2.5 levels at todayair.mt.gov or by using a real-time ambient air quality monitor designed for indoor use.
- Communication**
Implement a system for communicating about the health risks of wildfire smoke exposure in a manner understandable by all employees. Create a supportive environment for employees to express health concerns.
- Reduce Exposure**
Implement engineering controls, when feasible, to reduce employee exposure to PM2.5. Examples include changing work schedules or the location where employees work, or taking a break in where the air is filtered.
- Respirators**
Supplying N95/P100 masks or respirators for use on a voluntary basis when ambient air quality is elevated due to wildfires and other adverse environmental conditions have been issued. Information on the voluntary use of respirators is available on the [OSHA website](https://www.osha-slc.org). If use is required, the employer must institute a [respiratory protection program](https://www.osha-slc.org).
- Workplace Controls**
Implement changes to work procedures or schedules when practical. Examples include changing work schedules or the location where employees work, reducing levels of strenuous physical activity, and taking frequent breaks when air quality is poor.
- Hydration**
Wildfire smoke can contribute to the effects of heat stress. Provide cool drinking water on the work site and encourage frequent rest breaks on hot days. Remind your workers to drink a glass of water at least every 15 to 20 minutes even if they aren't feeling thirsty.

For more information on how to protect your health during poor air quality conditions, visit dphhs.mt.gov/airquality.



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES



**MONTANA
WILDFIRE SMOKE MESSAGING GUIDE**
A Resource for Public Health Officials



DEPARTMENT OF
**PUBLIC HEALTH &
HUMAN SERVICES**

Community Education and Resources

DYI Box Fan Filter Demonstrations



Wildfire Smoke Preparedness Week



Outdoor/Migrant Worker Education



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

AirQuality.MT.gov

Air Quality

Montana is the third least populated state in the U.S., yet it ranks only fourteenth for highest air quality (U.S. EPA). This is largely due to the severe impacts of summer wildfire smoke and winter inversions that trap air pollutants from wood burning stoves, vehicles and other pollution sources in our western valleys.

Montana residents can take steps to mitigate the effect of poor air quality on their health and daily routines. These steps begin with talking to their health care provider about their health risk. In addition, they must address their behaviors around both indoor and outdoor air, since both settings provide potential threats and opportunities to reduce the impact of lower air quality.

PLEASE NOTE: The Montana Department of Health and Human Services (DPHHS) provides valuable health information regarding air quality to help you stay informed and protect your health. However, DPHHS does not regulate air quality issues. If you need to file a complaint or report an air quality concern, please visit the Montana Department of Environmental Quality (DEQ) Regulation Department. The best way to report a complaint is to contact DEQ Enforcement at 406-444-0379 or DEQ or file an online complaint submission at <https://deq.mt.gov/about/reportpollution>.



[Indoor Air](#)



[Outdoor Air](#)



[Smoke from Fires](#)



Collapse Menu



Contact Us

Public Health and Safety Division

1400 Broadway, PO Box 202951, Helena, MT 59601

Email Us

4064445946

Air Quality Links

[Indoor Air](#)

[Outdoor Air](#)

[Smoke from Fires](#)

Chronic Disease Prevention & Health Promotion

Bureau Programs



Other Topics





Virtual Trunks

A virtual trunk is a digital container full of plug and play programming with instructions, printable activity sheets, supporting documents and more that can help your library put together a great event.



History Portal
Lego Challenge



Virtual Bat Trunk



History Portal
Programming



Health Literacy
Trunk



Media Literacy
Trunk



Smoke Event
Safety Trunk



Civic Engagement
for Teens



More trunks
coming soon



Wildfire and Smoke Event Trunk



Health Impacts



Lessons and
Activities



Monitoring
Outdoor Air



Protecting indoor
Air



Social Media Tools



Translated
Materials



Videos and
Presentations



ASHRAE Guideline 44 Technical Training

ASHRAE GUIDELINES



ANSI/ASHRAE Standard 62.1-2022
(Supersedes ANSI/ASHRAE Standard 62.1-2019)
Includes ANSI/ASHRAE addenda listed in Appendix Q

Ventilation and Acceptable Indoor Air Quality

See Appendix Q for approval dates by ASHRAE and the American National Standards Institute.

This Standard is under continuous maintenance by a Standing Standard Project Committee (SSPC) for which the Standards Committee has established a documented program for regular publication of addenda or revisions, including procedures for timely, documented, consensus action on requests for change to any part of the Standard. Instructions for how to submit a change can be found on the ASHRAE® website (www.ashrae.org/continuous-maintenance).

The latest edition of an ASHRAE Standard may be purchased from the ASHRAE website (www.ashrae.org) or from ASHRAE Customer Service, 180 Technology Parkway, Peachtree Corners, GA 30092. E-mail: orders@ashrae.org. Fax: 678-539-2129. Telephone: 404-636-8400 (worldwide), or toll free 1-800-527-4723 (for orders in US and Canada). For reprint permission, go to www.ashrae.org/permissions.

© 2022 ASHRAE ISSN 1041-2336



PDF includes hyperlinks for convenient navigation. Click on a reference to a section, table, figure, or equation to jump to its location. Return to the previous page via the bookmark menu.



ASHRAE Guideline 44P

Public Review Draft

Protecting Building Occupants from Smoke During Wildfire and Prescribed Burn Events

Second Public Review (June 2024)
(Draft Shows Proposed **Independent Substantive Changes** to Previous Public Review Draft)

This draft has been recommended for public review by the responsible project committee. To submit a comment on this proposed standard, go to the ASHRAE website at www.ashrae.org/standards-research-technology/public-review-drafts and access the online comment database. The draft is subject to modification until it is approved for publication by the Board of Directors and ANSI. Until this time, the current edition of the standard (as modified by any published addenda on the ASHRAE website) remains in effect. The current edition of any standard may be purchased from the ASHRAE Online Store at www.ashrae.org/bookstore or by calling 404-636-8400 or 1-800-727-4723 (for orders in the U.S. or Canada).

This standard is under continuous maintenance. To propose a change to the current standard, use the change submittal form available on the ASHRAE website, www.ashrae.org.

The appearance of any technical data or editorial material in this public review document does not constitute endorsement, warranty, or guaranty by ASHRAE of any product, service, process, procedure, or design, and ASHRAE expressly disclaims such.

© 2024 ASHRAE. This draft is covered under ASHRAE copyright. Permission to reproduce or redistribute all or any part of this document must be obtained from the ASHRAE Manager of Standards, 180 Technology Parkway, Peachtree Corners, GA 30092. Phone: 404-636-8400, Ext. 1125. Fax: 404-321-5478. E-mail: standards_section@ashrae.org.

**FREE TECHNICAL TRAINING
FOR BUILDING AND
HVAC MANAGERS
ASHRAE Guideline 44**

**Protecting Building
Occupants from
Smoke During
Wildfire and
Prescribed Burn
Events**

Tuesday, May 6
Hamilton: 9:00-12:00
Missoula: 1:30-4:30

REGISTER NOW



DEPARTMENT OF
**PUBLIC HEALTH &
HUMAN SERVICES**

Clean Air Recognition Program

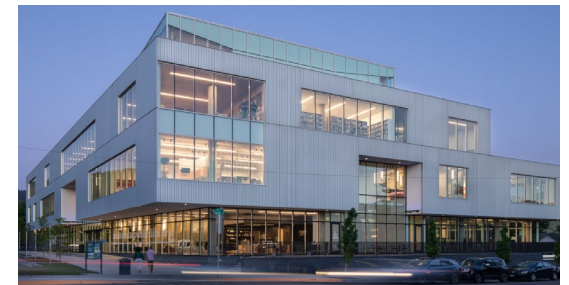
Our Objective: Empower public buildings in target communities to serve as clean air centers for citizens during wildfire smoke events.

What DPHHS Provides:

- Smoke readiness planning guidance and resources
- HEPA air cleaner(s)/other support tools
- Indoor air quality monitor
- \$1,500 stipend for incurred expenses
- HVAC system training for building manager/HVAC contractors

Partner Commitment:

- Adopt policies and protocols for protecting the building from wildfire smoke and improving indoor air quality conditions during smoke events
- Develop/adopt a building smoke readiness plan
- Meet regularly with DPHHS and other air quality partners to review actions taken and identify opportunities for improvement
- Share IAQ monitoring data with DPHHS
- Publicize Clean Indoor Air Center role in the community (A 24-hour center is not necessary to be eligible for this opportunity.)



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

Clean Air Recognition Program

Indoor and Outdoor Air Quality Darby Library

This "Purple Air" sensor measures indoor Air Quality, specifically fine particulate matter: PM 2.5. It's connected to the internet!

Click this QR code to view the Purple Air map and air quality level inside this library (it's the circle with a border!).



Current Indoor Air:



Current Outdoor Air



Wildfires and wood smoke contain many pollutants. We're most concerned with fine particulate matter PM2.5. These tiny particles can burrow deep into our lungs and even pass into our bloodstream, and they impact our health in multiple ways. Please see our brochure or montanawildfiresmoke.org for more information about health risks and what you can do in your home to prepare and stay healthy.

Darby also has an outdoor Air Quality sensor, and you can see the current air quality at AirNow.gov. Click this QR code.

Air Quality Activity Guidelines (AQI) provide the level of air quality and recommended actions

AQI		What should I do?
0-50		Good: You can breathe safe
51-100		Moderate: Some risk for those who are sensitive to air pollution
101-150		Unhealthy for Sensitive Groups: These folks should limit time outside and avoid strenuous outdoor activity
151-200		Unhealthy: Everyone should reduce exposure. Limit time and activity outside and take steps for clean indoor air.
201-500		Hazardous: Stay inside and filter indoor air. Go elsewhere for cleaner air if needed.



WILDFIRE SMOKE SEASON CHECKLIST

BEFORE SMOKE EVENT			
Task	Assigned To	Completed	Notes
Check supplies <ul style="list-style-type: none"> HEPA Air Cleaner is operable Extra HEPA filters available 			
Confirm Air Monitor is operating			
Confirm staff is familiar with Clean Air Center protocols, monitor & materials			
Publicize shelter availability incl. hours of operation			
Clean HVAC system			
Determine clean air shelter/room capacity			
Solicit resources from community partners, if applicable			
DURING SMOKE EVENT			
Switch HVAC System from "normal" mode to "smoke mode"			
Display Shelter Availability Sign on main & community room doors			
Display & update Current Air Quality sheet			
Display Keep Door Closed signs on all doors			
Make Daily Monitoring Checklist available to staff & complete daily			
Monitor IAQ with PurpleAir indoor sensor			
Check HVAC & HEPA filters every 3-7 days, depending on severity and length of smoke event			
Maintain indoor temp below 80 °			
AFTER SMOKE EVENT			
Wet mop/dust surfaces			
Monitor IAQ & continue to use HEPA if needed			
Change filters in HEPA and/or HVAC if needed			
Thank community partners for resources, if applicable			
Record lessons learned if applicable			

Clean Indoor Air Center



Capacity:
Hours:

Entity Logo Here



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

Lessons Learned



People need something to do



Every building/community is different



Don't box yourself in when looking for partners



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES



Panel Discussion and Question and Answer Session

Introducing Our Panelists

Facilitated Expert Panel Discussion



Kellie Baxter
Utah Department of Health and
Human Services
Asthma Program

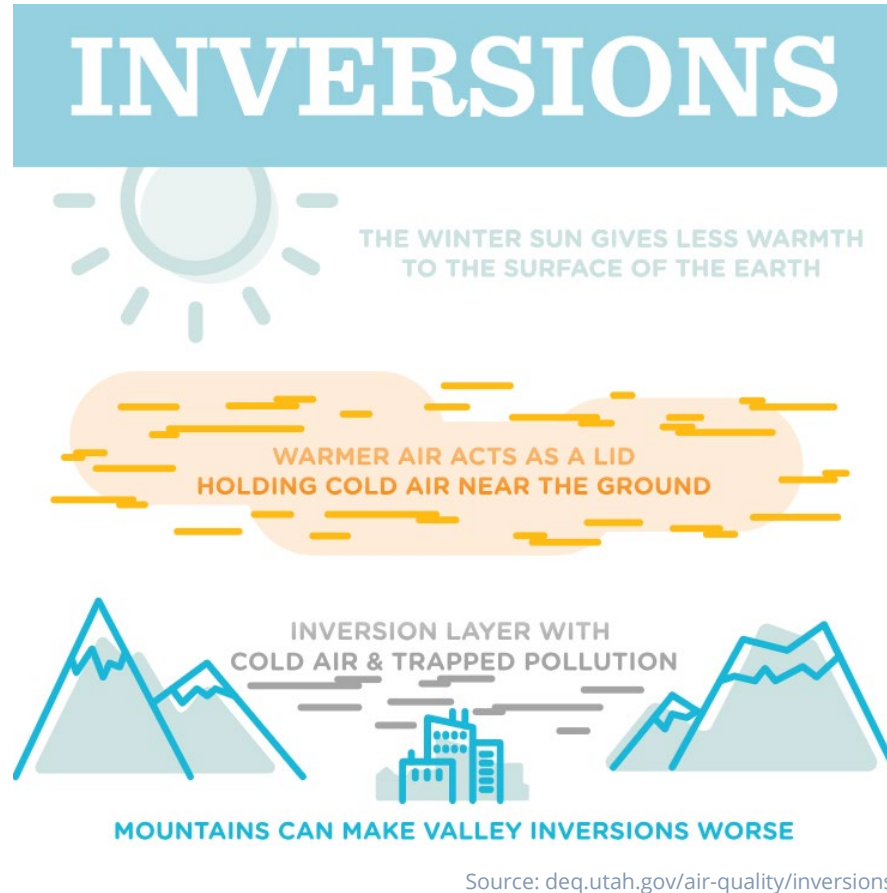


BJ Biskupiak
Montana Department of Public
Health & Human Services
Asthma Control Program



Brendon Haggerty
Multnomah County Health
Department
Healthy Homes and Communities

Utah Air Quality Partnerships



Air quality social media toolkit

Utah Department of Health and Human Services (DHHS)



AIR QUALITY

**Beehive Emission
Reduction Plan**



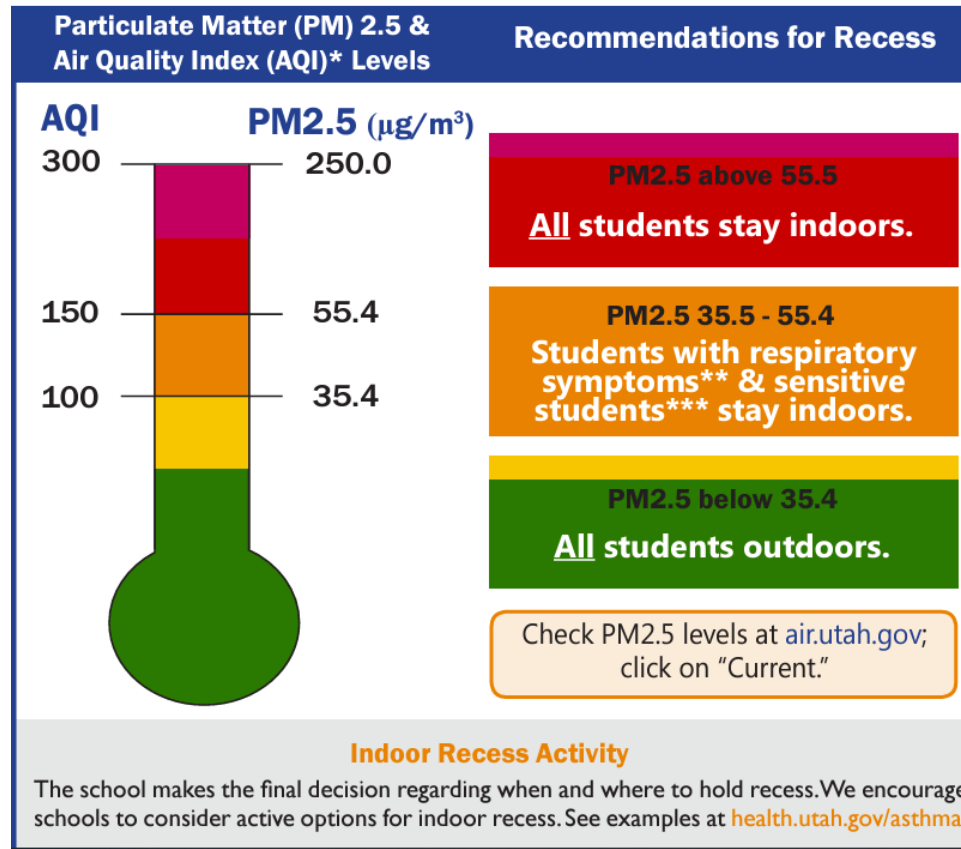
asthma.utah.gov



Utah Recess Guidance

Recess Guidance for Schools:

When to schedule indoor recess based on air quality.



Email alerts for schools

The forecast is **ORANGE** today.

Sensitive students and students with respiratory symptoms stay indoors.

The forecast is **RED** today.

All students stay indoors.



Introducing Our Panelists

Facilitated Expert Panel Discussion



Kellie Baxter
Utah Department of Health and
Human Services
Asthma Program



BJ Biskupiak
Montana Department of Public
Health & Human Services
Asthma Control Program



Brendon Haggerty
Multnomah County Health
Department
Healthy Homes and Communities

EPA Asthma and Wildfire Resources



Asthma

Scan the QR Codes below to access each EPA Asthma resource, or scan the code to the right to explore [EPA's Asthma website](#).



Asthma Triggers Infographics

This collection of infographics provides a brief overview of different asthma triggers and ways to reduce exposure.

Did you know
cockroaches and other pests
are an asthma trigger?



Reduce your exposure!

1.



Pesticides are not only toxic to pests—they can affect people too! Always follow label directions.

2.



Help your home stay clean. Remove clutter from closets, under tables, and floors. Vacuum, sweep, and open light vents and windows to brighten your home.

3.



Work with healthcare providers to identify your asthma triggers and develop an asthma action plan to reduce triggers in your home.

EPA

epa.gov/asthma



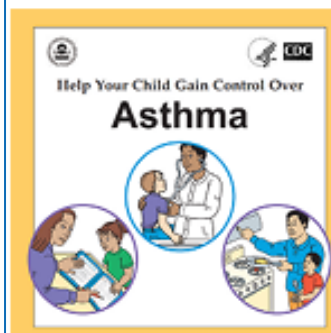
Strategies for Addressing Asthma in Homes

Using this home assessment tool, a trained home visitor can help find common asthma triggers in homes and discuss ways to reduce and remove triggers to make homes healthier.



Help Your Child Gain Control Over Asthma

This brochure offers tips on how to manage asthma and follow simple steps to minimize exposure to asthma triggers found indoors and out.



Dusty the Goldfish and His Asthma Triggers Funbook

This educational activity book helps children learn more about asthma triggers.



EPA Asthma and Wildfire Resources

Wildfires and Indoor Air Quality



Scan the QR Codes below to access each resource, or scan the code to the right to explore EPA's **Wildfires and Indoor Air Quality webpage**, which is available in nine languages.



DIY Air Cleaner Infographics

If portable air cleaners are not available or affordable, you may choose to use a do-it-yourself (DIY) air cleaner. These infographics provide directions for how to create different types of DIY air cleaners.



For more information about protecting indoor air quality during emergencies and disasters, visit EPA's **Emergencies and Indoor Air Quality webpage** by scanning the QR code to the right.



'How to Create a Clean Room at Home' Video

Spending time in a clean room at home can help reduce your exposure to smoke while staying indoors. This video will show you how to create a clean room to reduce your family's exposure to wildfire smoke while indoors.



**Wildfire Smoke and Indoor Air Quality:
How to Create a Clean Room at Home**

U.S. Environmental Protection Agency

Indoor Environment Division



Wildfires and Indoor Air Quality in Schools and Commercial Buildings Webpage

Smoke events can last for days and weeks, which is why it is important for building owners and managers to have information on best practices for reducing exposure to smoke that may enter schools, commercial buildings, or multi-unit housing.



Wildfire Guide Factsheets

This series of factsheets from EPA's AirNow program will help you prepare for wildfire season and take steps to reduce your exposure to smoke and ash.

WILDFIRE SMOKE FACTSHEET

Prepare for Fire Season

If you live in an area where the wildfire risk is high, take steps now to prepare for fire season. Being prepared for fire season is especially important for the health of children, older adults, and people with heart or lung disease.

Before a Wildfire

- If any family member has been or long illnesses, including asthma, check with your doctor about what you should do during smoke events. Have a plan to manage your condition.
- Stock up so you don't have to go out when it's smoky. Have several days of medications on hand. Our products that do not need to be refrigerated or cooked because cooking can add to indoor air pollution.
- Create a "clean room" in your home. Choose a room with no fireplace and as few windows and doors as possible, such as a bathroom. Use a portable air cleaner in the room.
- Ask an air conditioning professional what type of high efficiency filters to use in your home's system and how to change the filters. Use a HEPA filter if your central air system or room air conditioner has one.
- Have a supply of bottled water and food. Buy bottled water and food. They are sold at many home improvement stores and online.
- Organize your important items ahead of time, including financial and personal documents. Know your evacuation route and where to go if you have to evacuate. Make sure to prepare your children, and consider your pets when making





Thank You for Attending!