

Blueair Disaster Preparedness

Tip Sheet



2017 was a catastrophic year, filled with devastating storms, flooding, wildfires, and earthquakes, damaging communities and air quality. Experts predict these extreme weather events will continue, and many Americans are taking new measures on preparedness. As global leaders in air quality, Blueair has developed modern-day tips to help with access to clean air following a weather event.

1. **Build a kit.** Create an emergency kit stocked with essentials to sustain you and your family immediately following a weather event. Important items include:
 - Water (one gallon of water per person per day for at least three days, for drinking and sanitation)
 - Food (at least a three-day supply of non-perishable food)
 - Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
 - Blueair [Air Purifier](#) (to filter in-home contaminated air post-disaster)
 - Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
 - Flashlight
 - First aid kit
 - Extra batteries
 - Whistle to signal for help
 - Moist towelettes, garbage bags and plastic ties for personal sanitation
 - Wrench or pliers to turn off utilities
 - Manual can opener for food
 - Local maps
 - Cell phone with chargers and a backup battery
2. **Consider long-term impact and clean-up.** Weather events can create lingering health hazards like mold, mildew and smoke build-up. Consider potential floodwater contamination and electrical hazards during clean-up, and when in doubt, leave it to the professionals.
 - Wet/dry vacuum: Clean up debris and moisture.
 - Air quality monitor: Blueair's [Air Aware](#) identifies compromised air quality.
 - Rubber gloves/boots: To protect skin during cleanup.
 - Fire extinguishers: For potential electrical issues.
 - Heavy duty garbage bags: For debris clean-up.
 - Fan: To help dry out areas and prevent mold/mildew.
 - Mildew resistant or mold-killing paint/primer: Prevent airborne mold spores.
3. **Take time to make a plan.** Before a disaster happens, discuss a preparedness plan with your family. Consider:
 - How will I receive **emergency alerts and warnings**?
 - What is my **shelter** plan?
 - What is my **evacuation** route?
 - What is my **family/household communication plan**?

SOURCES:

- <https://www.fema.gov/disaster/4294-4297/updates/fact-sheet-what-femas-individual-assistance-program>
- <https://www.travelers.com/resources/weather/emergency-preparedness/how-to-build-an-emergency-preparedness-kit>
- <https://www.ready.gov/build-a-kit>

PROTECTION THROUGH FLU & ALLERGY SEASONS



[Blueair](#) air purifiers are proven to effectively filter out dust, pollen, smoke, allergens, viruses, and chemical and other airborne impurities. Models are available starting at just \$99 and come in varying colors.

TO PROTECT AGAINST THE FLU:

1. **Quarantine the sick family member** in a separate area of the house, and limit exposure to siblings/and more than one caretaker.
2. **Act quickly and see a doctor!** If the flu has been diagnosed, the whole family can take flu prophylaxis with ostelamavir (tamiflu)
3. **Constant washing is key.** Use hand sanitizer every time the care taker comes into contact with the sick person.
4. **Wipe down surfaces.** Knobs, remotes, bathroom and kitchen should all be cleaned to keep virus at bay
5. **Use an indoor air purifier** to limit exposure by filtering out virus and bacteria. A purifier like [Blueair's Classic Family](#) of purifiers are proven to remove 99.97% of virus and bacteria.
6. **Change linens/toiletries.** Once the family member is feeling better, change out towels, sheets, toothbrush, etc. to remove bacteria.

MANAGING SPRING ALLERGIES:

1. **Check pollen counts** daily and limit your exposure when counts are high.
2. **Shower before bed** to prevent dragging the day's allergens that accumulate on your body in to bed with you.
3. **Use an indoor air purifier** like Blueair's [Blue](#) or [Classic Family](#) of purifiers, to rid your home's air of 99% of airborne particles up to PM 2.5 including dust, pollen and pet dander.
4. **Wipe down and dust surfaces** to prevent dust from accumulating and aggravating allergy symptoms.
5. **Wash bedding weekly** in hot water and remove items that can harbor dust mites like throw pillows, heavy drapes and fluffy rugs.
6. **Keep pets out of the bedroom** to avoid bringing any of the allergens in their fur into the bedroom.

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