**After a Wildfire or Poor Air Quality Event**

**Recovery Checklist:**

1. **Return Safely:**
   * Only return home when authorities say it’s safe.
   * Open windows to air out your home if air quality has improved.
2. **Clean Up Safely:**
   * Wear protective clothing and N95 masks during cleanup.
   * Clean surfaces with a damp cloth to remove ash and dust.
   * Avoid stirring up dust.
3. **Monitor Health:**
   * Watch for symptoms such as coughing, shortness of breath, or chest pain.
   * Seek medical attention if you experience severe symptoms.
   * Continue using air purifiers if air quality is still poor.
4. **Emotional Support:**
   * Recognize the emotional impact of a disaster.
   * Seek support from friends, family, or mental health professionals.
5. **Insurance Claims:**
   * Document any damage with photos.
   * Contact your insurance company to start the claims process.
6. **Financial Assistance:**
   * Look for disaster assistance programs in your area.
   * Contact local aid organizations for help.
7. **Stay Informed:**
   * Continue monitoring local news and weather reports.
   * Be aware of ongoing risks or additional warnings.