**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.