

TIPS FOR REDUCING EXPOSURE AND STAYING HEALTHY

CAN WILDFIRE SMOKE MAKE ME SICK?

Wildfire smoke is made up of a mixture of gases and particles produced when wood and other organic materials burn. The particle pollution (also called fine particulate matter) can get into your lungs and cause health issues.

Wildfires create smoky conditions and can make anyone sick. It's important to reduce exposure to smoke. Healthy people are not usually at a major risk from short-term exposures to smoke, but it's a good idea for everyone to avoid breathing smoke. People with asthma, chronic obstructive pulmonary disease (COPD), heart disease, older adults, those who are pregnant, outside workers, and children may be at greater risk. Breathing in wildfire smoke can cause immediate health effects, including:

- Coughing;
- Wheezing and shortness of breath;
- Stinging eyes;
- Scratchy throat;
- Runny nose or irritated sinuses;
- Chest pain;
- Headaches;
- Tiredness; or
- Fast heartbeat.

If you experience symptoms like trouble breathing or dizziness, seek medical attention. If you have a family member or neighbor who has one of the above pre-existing conditions, check on them. People with chronic conditions may talk to their health care provider to plan how to protect themselves against wildfire smoke and what to do if they are exposed.

HOW CAN I LEARN ABOUT AIR QUALITY & WILDFIRE SMOKE IN MY AREA?

You can monitor the air quality conditions for your location by visiting www.airnow.gov or by using the [AirNow mobile app](#). These resources will give you an air quality index (AQI) for your area, which uses color-coded [categories](#) to provide recommendations for outdoor and indoor activity for the general population and sensitive populations.

HOW CAN I REDUCE OUTDOOR EXPOSURE?

When wildfire smoke is affecting your area and conditions are in the red level (unhealthy), everyone is encouraged to:

- Avoid strenuous outdoor activities.
- Keep outdoor activities short.
- Consider moving physical activities, like outdoor workouts or recess, indoors or rescheduling them.

HOW CAN I REDUCE INDOOR EXPOSURE?

Sometimes smoke from outdoors can enter your home. Follow these tips to help keep particle pollution lower indoors:

- Keep doors and windows closed.
- Don't smoke or use candles indoors.
- If you have an air filter in your home, plan to use it.
- Clean or replace filters according to manufacturer recommendations.
- If you don't have one and want to make your own portable air cleaner designed to reduce particles indoors, the [EPA offers DIY information](#).

RESOURCES

Visit [AirNow](#) to find the latest air quality levels and recommendations for your location.

Use the [AirNow Fire & Smoke Map](#) to learn about air quality and smoke near you.