



Wildfire Smoke and Local Air Quality

**Watch for symptoms
and follow these tips to
protect your health.**

Symptoms can include:

- Coughing
- Difficulty breathing
- Stinging eyes
- Irritated nose and sinuses
- Wheezing
- Headaches

**Those at higher risk of
problems include:**

- People with asthma
- Children with wheezing illnesses
- Infants and premature infants
- People with cystic fibrosis

References:

"East Bay Children's Respiratory Health Study," American Journal of Respiratory and Critical Care Medicine, 2004 Sep 1;170(5):520-526

Sparetheair.gov

CDC.Gov/disasters

Stay Healthy!

Smoke from wildfires can affect us all, but people with respiratory illness are particularly sensitive.

Wildfire smoke and soot, like all forms of smoke, contain particulate matter (PM). Air quality is often measured in terms of the levels of PM 2.5 in the air. PM 2.5 means particles are 2.5 micrometers, small enough to be inhaled deep inside the lungs. Larger particles can be trapped and filtered by our noses.

When smoke and soot levels are hazardously high, it's best to go to an area where there is less air pollution. If that's not possible, here are things you can do to protect yourself at home:



Stay indoors on poorer air quality days and close windows.



Run your car air conditioner and home air conditioner on recycle and recirculate modes.



If you must go outside, wear a mask. A simple mask may be better than nothing. However N95 and P100 masks work better. (Note: standard masks are likely too big for young children.)



For people with asthma, follow your asthma action plan.



Use your Albuterol inhaler or nebulizer as needed as a rescue medicine.



If you need more advice or you still feel uncomfortable, please contact your doctor.