STAY SAFE FROM WILDFIRE SMOKE

Wildfires are becoming larger and more frequent in the United States and Canada.

Smoke from wildfires can travel long distances, so even people who do not live near fires can breathe it in and get health problems.

Wildfire smoke is dangerous for your health.

It can cause problems with your heart and lungs, and if you already have health problems, wildfire smoke can make them worse.

If you breathe in wildfire smoke, you might experience:

+ Irritated eyes & nose
+ Scratchy throat
+ Coughing
+ Difficulty breathing
+ Headaches
+ Increased tiredness
+ Chest pain
+ Wheezing
+ Fast heartbeat

Breathing wildfire smoke can make anyone sick, but some people are at greater risk for health problems than others.

+ Children
+ Pregnant women
+ Older adults
+ People with heart or lung diseases, including asthma and respiratory infections
+ People who live in places that already have a lot of pollution (unhealthy air)

If you breathe in wildfire smoke, pay attention to any changes in your breathing or health.

Call your doctor or a medical clinic if you're having trouble breathing or if your symptoms worsen.

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There are ways to protect yourself and your family from wildfire smoke.

When wildfire smoke is in the air, spend time indoors as much as possible.

When wildfire smoke is in the air, keep the air indoors as clean by keeping windows closed or using a portable air filter.

If you have air conditioning, you can use it to refresh the indoor air while keeping smoky outdoor air out.

If you have to be outdoors when wildfire smoke is in the air, try not to do exercise or other activities where you breathe deeply.

Some masks can protect you from wildfire smoke, but they have to be high-quality and fit tightly over your nose and mouth.

When wildfire smoke is in the air, avoid activities that make the indoor air more unhealthy. This includes smoking, using candles, vacuuming, using a gas stove, or frying or broiling food.

Be aware of unhealthy air

U.S. officials measure and report on how clean air is in your community. They call this measurement the Air Quality Index or AQI. If the AQI is:
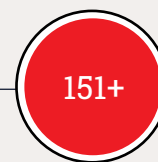
0-50	51-100	101-150	151+
It is safe to be outside without restrictions.	Some people who are very sensitive may have trouble breathing the air.	The air is unhealthy for people who are at greater risk for health problems.	The air is unhealthy for everyone.

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