



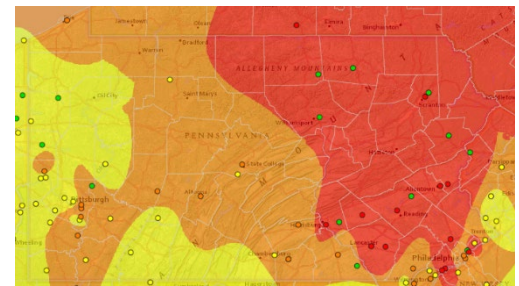
Preparing for Wildfire Smoke



Wildfire smoke is 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 can create smoky conditions far away from where the fire starts and make anyone sick. It's important to reduce exposure to 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 of serious health complications due to breathing in wildfire smoke. This document provides information on how to prepare for wildfire smoke.

MONITOR AIR QUALITY FOR SMOKE RELATED ISSUES

It is important to know when wildfire smoke and poor air quality are expected in your area by checking weather conditions and forecasts. The airnow.gov website and [AirNow mobile app](#) provide air quality conditions, forecast, and alerts. These resources will give you an air quality index (AQI) for your area, which uses color-coded categories (below) to provide recommendations for outdoor and indoor activity for the general population and sensitive populations.



AQI Color	Level of Concern	AQI Values	Air Quality Description
Green	Good	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.
Yellow	Moderate	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
Orange	Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Red	Unhealthy	151 to 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
Purple	Very Unhealthy	201 to 300	Health alert: The risk of health effects is increased for everyone.
Maroon	Hazardous	301 and higher	Health warning of emergency conditions: everyone is more likely to be affected.

BE AWARE OF SMOKE INHALATION RELATED SYMPTOMS

Wildfire smoke can irritate your eyes, nose, throat, and lungs. Breathing in wildfire smoke can cause a variety of symptoms. These symptoms can be dangerous and even life threatening for people in high-risk groups such as people with asthma, COPD, or heart disease. Older adults, pregnant people, outdoor workers, and children are also at a higher risk for more severe symptoms.



Initial Symptoms

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

Treatment

- ✓ If you experience symptoms like trouble breathing or dizziness, seek medical attention.
- ✓ If you have a family member or neighbor who is in a high-risk group, check on them.
- ✓ If you have chronic conditions, you can talk to your health care provider about protecting yourself against wildfire smoke and what to do if you are exposed.

REDUCE EXPOSURE TO INDOOR AND OUTDOOR SMOKE

When wildfire smoke affects your area and air quality conditions are in the red (unhealthy) category, everyone is encouraged to follow these steps. People in higher risk groups should consider taking these protective steps at orange level.

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

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.
- ✓ Use an air filter in your home if you have one.
- ✓ Clean or replace filters according to manufacturer recommendations.
- ✓ If you don't have your own portable air cleaner and want to make one, the [EPA offers instructions](#).

ADDITIONAL 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.
- Read information from the [Centers for Disease Control Prevention](#) (CDC) on wildfire smoke impacts.
- Visit the [American Lung Association](#) for wildfire safety information.
- Read advice from the [U.S. Fire Administration](#) on reducing wildfire smoke effects.