Wildfires and Your Health

How can wildfire smoke affect my health?

• Irritated Eyes
• Chest pain
• Inflammation
• Difficulty breathing
• Bronchitis
• Irregular heartbeat
• Heart failure
• Wheezing
• Cough

Who is most sensitive to wildfire smoke?

Pregnant Women  Children  Older Adults  People with Heart Disease  People with Asthma or Other Lung Diseases

How can I protect myself and my family?

LIMIT HOW MUCH SMOKE YOU INHALE

• Remain indoors with windows and doors closed, or seek other shelter
• Avoid intense physical activity
• If available, use central air conditioning. Make sure you have a clean filter and that it is set on “recirculate” mode
• Use an air purifier
• Avoid using a whole house fan/swamp cooler

How can I get air quality updates?

1. Before fire season
   Sign up for air quality alerts
   airalerts.org

2. During a fire
   Follow SCAQMD air quality advisories
   aqmd.gov/advisory

3. Always
   Check current air quality conditions
   aqmd.gov/aqimap

*Do not rely on dust masks for protection: People who must be outside for extended periods of time in smoky air may benefit from using a N95 or P100 filtering facepiece to help reduce their exposure. More information on how to select and use a proper respirator from the California Department of Public Health.

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