

H2O

**particles**

**CO2**

Wildfire Smoke and Your Health

**Is wildfire smoke bad for my health?**

Wildfire smoke is an air pollutant, that contains vary small particles and gasses, including carbon monoxide.

Smoke can irritate your eyes. Your eyes may burn.

Smoke can irritate your nose. Your nose may run.

Smoke can irritate your throat. You may cough.

Smoke may give you a headache.

Smoke may cause shortness of breath.

Smoke may cause chest pain.

**Who is most likely to have health effects from the smoke?**

Smoke may worsen symptoms for people who have pre-existing health conditions, and those who are sensitive to air pollution. Those groups include:

Persons with asthma or other chronic respiratory conditions.

Persons with cardiovascular disease.

Persons 65 yrs old and older.

Infants and children.

Pregnant Women.

Smokers.

**What should I do if I am having health problems form the smoke?**

Contact your healthcare provider for advice on how to prevent and treat symptoms. If you are having a medical emergency call 911.

**How can I protect myself and my family from the harmful effects of smoke?**

Stay indoors when possible, and keep the windows and doors closed. If it is too hot to keep the windows and doors closed, and you do not have air conditioner, find a place that does. Reduce other sources of indoor air pollution. Do not smoke inside, do not burn candles, and do not use gas or wood burning stoves. Do not vacuum, as it will stir up dust.

Drink extra water.

Use air conditioning with a HEPA filter.

**Will wearing a mask help?**

Surgical masks, the kind you see at the doctor’s office, will not help filter the particles. Only N95 masks, special masks that filter the particles, may help. However, wearing these types of masks can make it harder to breath, and should only be worn with a healthcare provider’s supervision.

**Where can I call if I have more questions?**

Call Squaxin Island Community Health at 360-427-9006. We are here to help answer any questions you might have.