

WILDFIRE SMOKE CAN MAKE YOU SICK



It can bother your eyes, nose, throat, and lungs and make you cough or wheeze.



It can make it hard to breathe.



It can give you headaches and health problems you already have can get worse.

SOME PEOPLE ARE MORE AT RISK FROM WILDFIRE SMOKE AND SHOULD BE EXTRA CAREFUL



Babies and young kids



Elderly individuals



Pregnant women



People with heart problems



People with chronic obstructive pulmonary disease (COPD) and asthma



ALWAYS SEEK MEDICAL HELP IF YOU ARE WORRIED ABOUT YOUR SYMPTOMS

SOURCE: WWW.CDC.GOV/AIR/WILDFIRE-SMOKE/DEFAULT.HTM





BE PREPARED FOR POOR AIR QUALITY

Watch the Air Quality Index, or AQI, to see how safe the air is to breathe in your area.



Image source: Yolo-Solano Air Quality Management District

PROTECT YOURSELF FROM WILDFIRE SMOKE



Stay indoors!



Shut the windows; if you have an air conditioner or portable air cleaner, use them with a HEPA filter.



Don't exercise outside.



Wear a well-fitting N95 mask outdoors.



Keep inhalers, oxygen, and prescriptions stocked all the time.

VISIT: WWW.AIRNOW.GOV TO LEARN MORE ABOUT THE AQI

VISIT: WWW.CDC.GOV/AIR/WILDFIRE-SMOKE/DEFAULT.HTM TO LEARN MORE ABOUT HOW TO PROTECT YOURSELF FROM WILDFIRE SMOKE

