



# Wildfires

Health Threat from Wildfire Smoke	
<b>Can smoke from a wildfire affect me?</b>	<ul style="list-style-type: none"> <li>• Yes it can, wildfires is a mixture of gases and fine particles from burning trees and other plant materials.</li> <li>• Smoke can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases.</li> <li>• The smoke may worsen symptoms for people who have pre-existing respiratory conditions, such as respiratory allergies, asthma, and chronic obstructive pulmonary disease.</li> <li>• Even healthy people may be affected by smoke causing respiratory symptoms and pulmonary inflammation.</li> </ul>
<b>How can I tell if I have been affected?</b>	Smoke can cause: coughing, a scratchy throat, irritated sinuses, shortness of breath, chest pain, headaches, string eyes, and runny nose.
<b>What can I do to protect myself from smoke?</b>	<ul style="list-style-type: none"> <li>• During a fire limit time spent outdoors -stay inside as much as possible. Individuals with compromised health conditions should avoid outdoors</li> <li>• Keep doors and window closed, seal large gaps as much as possible.</li> <li>• If cooling is needed, use the recycle or re-circulate mode on the air conditioner in home and car. Do not use whole house fans that bring outdoor air into the home.</li> <li>• Asthmatics should follow their asthma management plan.</li> <li>• Keep at least a 5-day medication supply no hand.</li> <li>• If smoke is severe go to a Cleaner Air Shelter if possible.</li> </ul>
<b>What can I do during a fire?</b>	<p>During a wildfire or any type of fire, pay close attention to local news, alerts, or health warning related to the fire and the smoke.</p> <p><b>Following instructions from local emergency authorities.</b></p> <p><b>If asked to evacuate do so immediately.</b></p>
<b>Treatment</b>	If you develop symptoms suggestive of lung or heart problems consult a medical provider as soon as possible.