

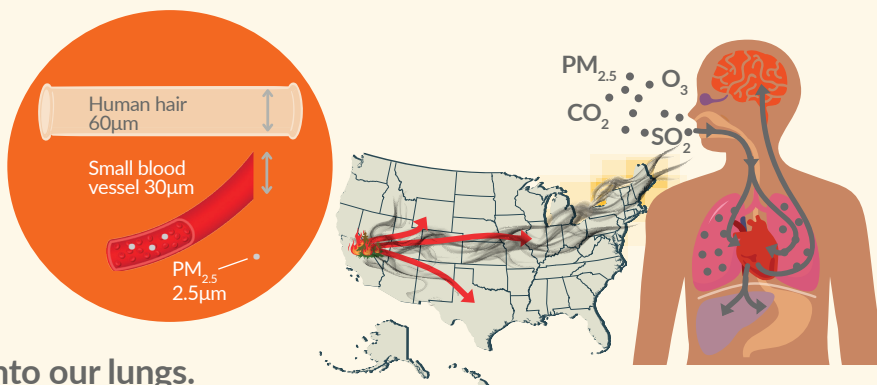
# WILDFIRES & Our Lungs

## What is wildfire smoke?

Wildfire smoke can travel thousands of miles and includes a mix of air pollutants like very small particles ( $PM_{2.5}$ ) and gases like carbon dioxide ( $CO_2$ ) and ozone ( $O_3$ ).

We breathe these small air pollutants into our lungs.

From there, they can enter our blood and harm other organs.



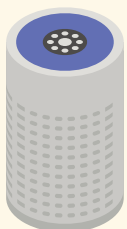
## How does wildfire smoke harm our lungs?

Air pollution from wildfires can:

- 🔥 Increase asthma flares and hospitalizations
- 🔥 Increase chronic obstructive pulmonary disease (COPD) hospitalizations
- 🔥 Increase rates of lung infections like pneumonia and bronchitis
- 🔥 Possibly lead to long-term lung damage



## How can we stay safe?



Stay indoors and use an air purifier with a HEPA filter.



Reduce activities like smoking, vaping, vacuuming, or using gas stoves when indoors.



When outdoors, wear a tight-fitting N95 mask or a surgical mask for children ages 2-7.



Check the Air Quality Index (AQI) at [www.AirNow.gov](http://www.AirNow.gov) before going outside.



Ask a medical provider about your personal health risks, and learn more by opening the camera on your phone and scanning the following QR code:



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