Wildfire smoke contains a mix of air pollutants like PM$_{2.5}$ and ozone. It can travel thousands of miles.

- PM$_{2.5}$ is a particle sized 2.5 microns (30 times smaller than a strand of hair).
- Its size lets it easily enter the lungs.
- Inflammation in the lungs from these particles affects other organs, like the heart and brain.

### How can smoke affect children?

- Increase rates of childhood pneumonia
- Increase lifetime exposure to carcinogens, such as some components of PM$_{2.5}$
- Increase emotional stress
- May have effects on the brain, such as being associated with Attention Deficit Hyperactivity Disorder (ADHD), school performance, and memory

### How can children stay safe?

- Talk with your child's doctor about their related health conditions.
- Stay indoors and use an air purifier with a HEPA filter.
- Check Air Quality Index (AQI) at AirNow.gov before going outside.
- If they do go outside, have them wear a tight-fitting mask (ideally an N95).