WILDFIREs & Our Health

What is wildfire smoke?

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.

What can wildfires and smoke do?

Wildfires have been associated with increased...

- Heart attacks and heart failure
- Stroke, dementia, and depression
- Asthma and lung infections
- Infectious diseases like malaria
- Pre-term births
- Eczema
- Dry eyes
- Allergies

How can we stay safe?

- Talk with your doctor about your related health conditions.
- Stay indoors and use an air purifier with a HEPA filter.
- Wear a tight-fitting mask (ideally an N95).
- Check Air Quality Index (AQI) at AirNow.gov before going outside.