Wildfire smoke contains a mix of air pollutants like PM₂.₅ and ozone. It can travel thousands of miles.

- PM₂.₅ 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 does smoke do to our heart?

- Increase risk for hospitalization due to heart attacks, heart failure, or abnormal heart rhythms
- Increase risk of high blood pressure (hypertension)
- Increase Emergency Room visits for coronary artery disease

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.