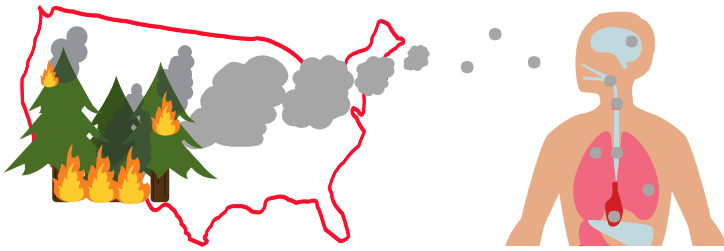


# WILDFIRES

## & Our Heart




### 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 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



Want to learn  
more?



UC Wildfire  
Education Hub

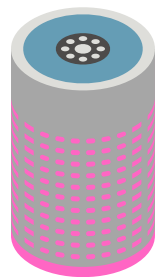


EPA

### 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.