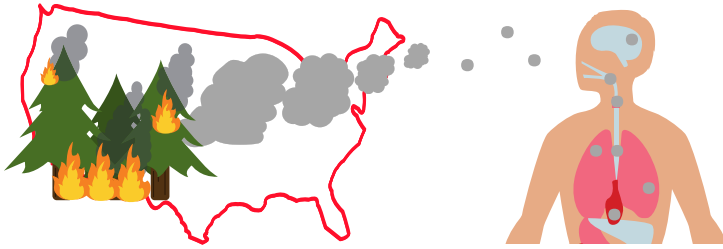


WILDFIRES

& Our Lungs

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 lungs?

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



Want to learn
more?



UC Wildfire
Education Hub

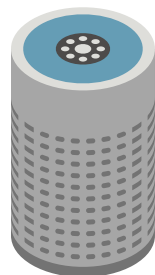


EPA

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.