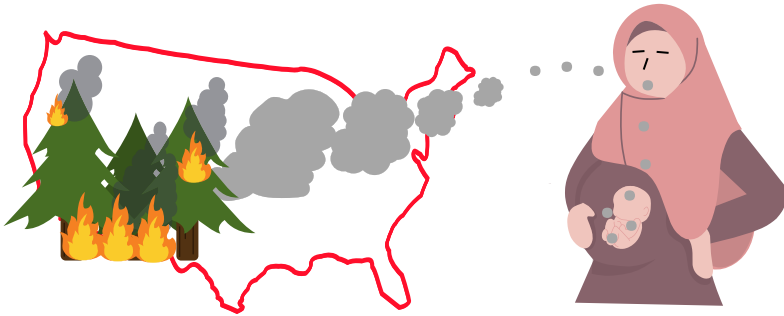


WILDFIRES

& Pregnancy

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 from these particles in the lungs spreads to other organs and can reach the placenta.

What could smoke do during pregnancy?

- 🔥 Increase risk for preterm birth and low birth weight
- 🔥 Increase risk for diabetes during pregnancy
- 🔥 Increase risk for high blood pressure (hypertension) during pregnancy

Want to learn more?



UC Wildfire
Education Hub

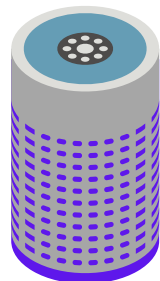


EPA

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.