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

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.

Want to learn more?

UC Wildfire Education Hub
EPA