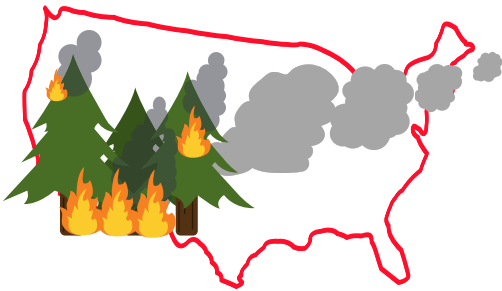


WILDFIRES

& Our Skin





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.
- These particles can also directly affect our skin, increasing irritation and inflammation.

What does smoke do to our skin?

-  Increase risk of itchy skin and eczema
-  Increase flares of psoriasis
-  Worsen facial acne
-  Contribute to premature skin aging and wrinkles



Want to learn
more?



UC Wildfire
Education Hub

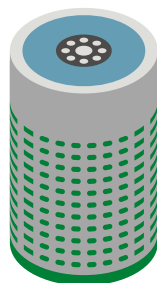


Wildfires and
skin disease
article

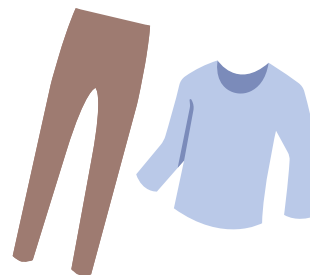
How can we stay safe?



Talk with your doctor about your related health conditions.



Stay indoors and use an air purifier with a HEPA filter.



Wear long articles of clothing to protect your skin.



Check Air Quality Index (AQI) at AirNow.gov before going outside.