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

### 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.