What is wildfire smoke?

Wildfire smoke can travel thousands of miles and includes a mix of air pollutants like very small particles (PM$_{2.5}$) and gases like carbon dioxide (CO$_2$) and ozone (O$_3$).

We breathe these small air pollutants into our lungs. From there, they can enter our blood and harm other organs, like the heart.

How does wildfire smoke harm our heart?

Inhaling wildfire air pollution could lead to:

- Increased risk for hospitalizations due to heart attack, heart failure, and abnormal heart rhythms
- Higher blood pressure (hypertension)
- Greater risk of emergency department visits for coronary artery disease

How can we stay safe?

Stay indoors, use an air purifier with a HEPA filter, and limit outdoor exercise.

Reduce activities like smoking, vaping, vacuuming, or using gas stoves when indoors.

When outdoors, wear a tight-fitting N95 mask or a surgical mask for children ages 2-7.

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

Ask a medical provider about your personal health risks, and learn more by opening the camera on your phone and scanning the following QR code: