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.

How does wildfire smoke harm our lungs?

Air pollution from wildfires can:

- Increase asthma flares and hospitalizations
- Increase chronic obstructive pulmonary disease (COPD) hospitalizations
- Increase rates of lung infections like pneumonia and bronchitis
- Possibly lead to long-term lung damage

How can we stay safe?

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

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:

[QR Code]

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