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, including traveling to the placenta.

How does wildfire smoke affect pregnancy?

Air pollution from wildfires and other sources can:
- 🔥 Increase risk for preterm birth and low birth weight
- 🔥 Increase risk for higher blood pressure (hypertension) during pregnancy
- 🔥 Increase risk for diabetes during pregnancy

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.

Avoid unnecessary outdoor activity, and wear a tight-fitting N95 mask if you are outside.

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: