**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.

They can also directly interact with our skin to cause damage like inflammation and irritation.

**How does wildfire smoke harm our skin?**

Air pollution from wildfires and other sources can:

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

**How can we stay safe?**

- Wear long articles of clothing to cover your skin.
- 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: