

# Wildfires and Your Health

## How can wildfire smoke affect my health?



• Irritated Eyes



• Chest pain      • Inflammation  
• Irregular heartbeat      • Heart failure



• Difficulty breathing      • Bronchitis  
• Wheezing      • Cough

## Who is most sensitive to wildfire smoke?

Pregnant Women

People with  
Heart Disease

Older Adults

People with Asthma  
or Other Lung Diseases

Children

## How can I protect myself and my family?

### LIMIT HOW MUCH SMOKE YOU INHALE

- Remain indoors with windows and doors closed, or seek alternate shelter if possible.
- **Avoid intense physical activity.**
- Run your air conditioner if you have one. Make sure it has a clean filter and that it's set on "recirculate" mode.
- Use an air purifier.
- **Avoid using a whole house fan/swamp cooler to prevent bringing additional smoke inside.**

## How can I get air quality updates?



Download the South Coast AQMD app for real time air quality information in your area



Follow South Coast AQMD air quality advisories at [aqmd.gov/advisory](http://aqmd.gov/advisory)



Smoke  
Advisory

Check current air quality conditions at [aqmd.gov/aqimap](http://aqmd.gov/aqimap) or sign up for air quality alerts at [airalerts.org](http://airalerts.org)

**AirAlerts.org**

**\*Do not rely on dust masks for protection:** People who must be outside for extended periods of time in smoky air may benefit from using a **N95** or **P100** filtering facepiece to help reduce their exposure. More information on how to select and use a proper respirator from the California Department of Public Health.