

# Wildfire Smoke and Health Infographic



Wildfire season typically runs from early April to late October. As wildfire burns through forests and grasslands, it produces dense smoke that can be a major source of toxic air pollutants. This pollution contains fine particles (that are not visible to the human eye) that penetrate deep into our lungs and bloodstream, sometimes leading to serious health effects. Those at greater risk of these effects are:

- small children
- pregnant women
- elderly
- people with lung or heart conditions
- people involved in strenuous outdoor work or sports

# Wildfire Smoke & Health

Smoke is an air pollutant

Mostly particles,  
but also:



CO

NO<sub>x</sub>

Hydrocarbons

## Use common sense to protect health



Limit time  
outdoors &  
avoid outdoor  
exercise



People with heart or  
lung issues should be  
especially careful



Call your doctor if  
you have symptoms:  
coughing, wheezing,  
chest pain, or nausea



Stay  
hydrated &  
get enough  
sleep



Keep windows  
closed, unless  
it's very hot



Run AC with fresh  
air intake closed  
& the filter clean



Turn off  
your whole  
house fan



Avoid  
skin contact  
with ash



Don't stir  
up ash

Fires **inside** or **outside** the county can send  
smoke and ash into our air

However, visible smoke plumes  
don't always mean that ground-level  
air quality is affected

Find hourly air quality readings