

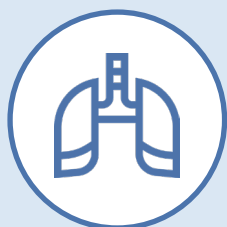


Wildfire Smoke & People with Asthma

Smoke, including wildfire smoke, contains chemicals and tiny particles that can irritate and potentially damage your lungs.



More extreme weather and longer wildfire seasons can make it harder to keep asthma under control.



What Smoke Does to Your Airways

- Causes swelling and narrows your breathing passages
- Makes it harder to breathe
- Can make your rescue inhaler less effective
- Can trigger an asthma attack



Symptoms to Look Out For

- Chest tightness
- Wheezing or coughing more than usual
- Shortness of breath
- Symptoms that don't improve after using your rescue inhaler



When Wildfire Smoke is in the Air

- Stay inside as much as possible and close windows and doors
- Set your air conditioner or heater to recirculate air, not draw it from the outside
- Use an air purifier with a HEPA filter
- Avoid burning candles, frying food or vacuuming



If You Need To Go Outside

- Check the Air Quality Index (AQI)
- Go out in the early morning, or when the smoke is less noticeable
- Avoid exercise or other physical activity outdoors
- Wear a respirator, such as an N95 or a KN95 mask
- If you have asthma symptoms, go back inside immediately



Talk to Your Healthcare Provider Before Wildfire Smoke Season

- Update and then follow your Asthma Action Plan
- Make sure you have enough asthma medications



Call 911 If You Have Any of These Symptoms

- Breathing that's hard and fast
- Your lips look grey or purplish
- You're having trouble walking or thinking clearly
- Your asthma medication isn't helping

Scan the QR Codes For More Resources



Air Quality Index (AQI)



Asthma Action Plan



How Air Quality Can
Affect Your Health