

Air pollution from smoke can cause serious health problems.



Who is especially sensitive to smoke?

- People with lung diseases such as asthma, COPD, and emphysema.
- Those with respiratory infections such as pneumonia, bronchitis, colds or flu.
- People with heart or circulatory problems such as congestive heart failure, angina, and coronary artery disease.
- Those with diabetes.
- People who smoke.
- People with a prior history of heart attack or stroke.
- Infants or children under 18.
- Adults over age 65.
- Pregnant women.
- People who smoke tobacco.

Main sources of outdoor smoke in Washington are from:

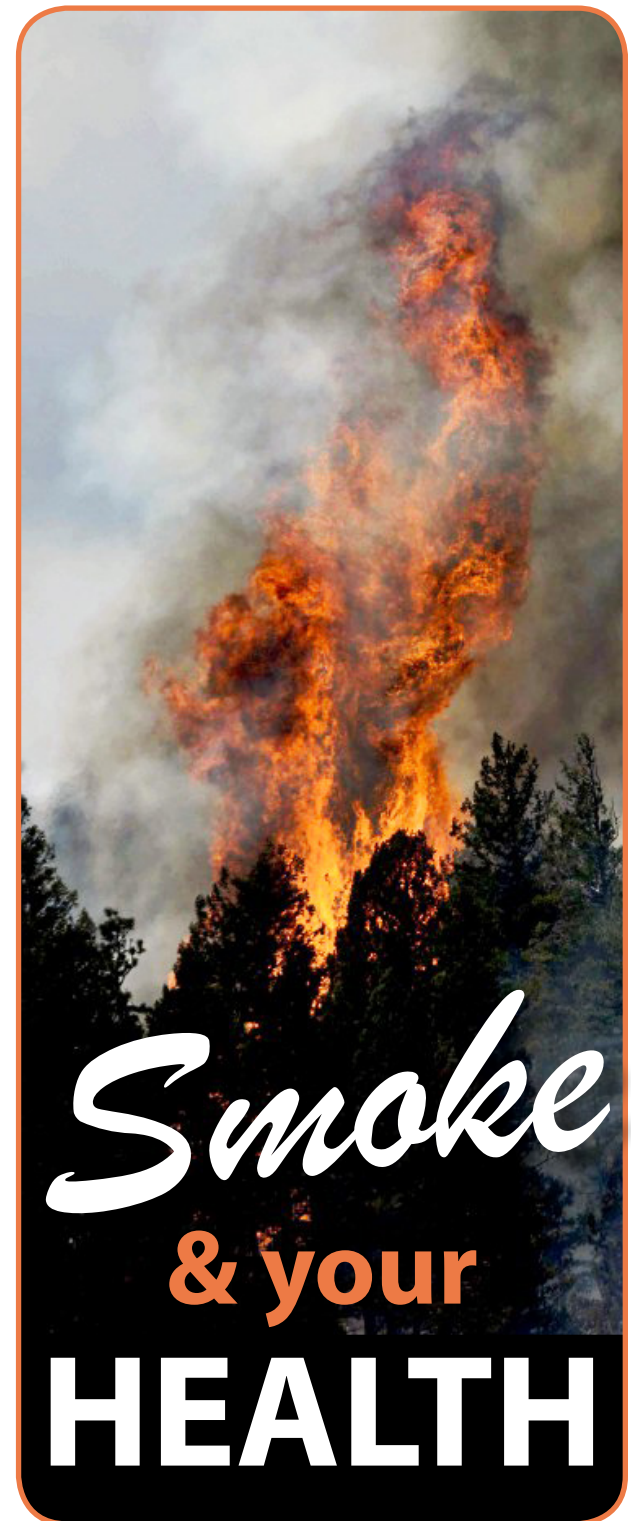
- Wildfires.
- Wood stoves.
- Pellet stoves.
- Fireplaces.
- Agricultural burning.
- Prescribed fires.



Visit ecology.wa.gov/smokeandfire for more information.

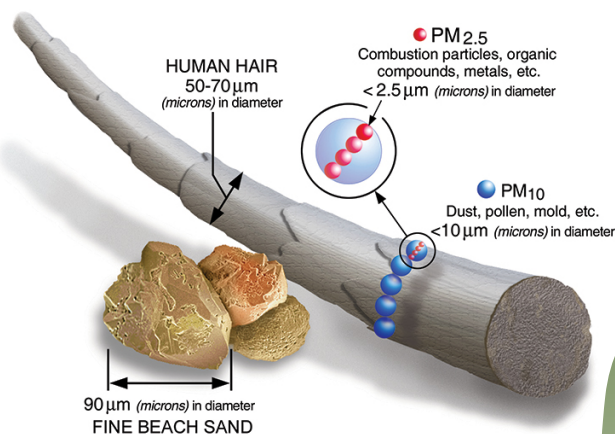
To request ADA accommodation, call Ecology at (360) 407-6800, 711 (relay service), or (877) 833-6341 (TTY).

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Outdoor smoke contains particles smaller than a human hair. These particles can get into your eyes and lungs where they can cause health problems.

Smoke also contains harmful gases, like carbon monoxide.



Even healthy people can be affected by smoke.

Watch for the following symptoms:

Headaches

Eye, nose, and throat irritation

Coughing

Wheezing

Aggravation of existing lung, heart, and circulatory conditions

Rapid heartbeat

Shortness of breath

Worsening asthma symptoms

How can I protect myself?

- Check local air quality reports.
- Avoid outdoor activities during a smoke event.
- Stay hydrated.
- If you are sensitive to smoke, follow your Dr.'s advice. If your symptoms worsen, seek immediate medical attention.
- Stay indoors with windows and doors closed.
- Set your air conditioner to recirculate and use a HEPA air filter if possible.
- Don't add to indoor air pollution by vacuuming, smoking, or using candles and fireplaces.
- If it's hot keep curtains closed during the day and open windows at night if smoke has subsided.
- Consider leaving the area.
- If you are driving, keep the windows closed and air conditioner on recirculate.
- If you must go outside, consider wearing an N95 or N100 respirator mask from your local hardware store. These masks filter out fine particles, but not hazardous gases. Masks do not work on people with beards or on infants. Check with your Dr. before using a mask if you have an existing medical condition.

How can I tell if smoke is affecting air quality in my community?

Check the [Washington Smoke Information blog](https://wasmoke.blogspot.com).¹

The [Air Quality Index \(AQI\)](https://ecology.wa.gov/AQI)² table provides recommendations for the different color-coded air quality categories.

¹ <https://wasmoke.blogspot.com>

² <https://ecology.wa.gov/AQI>