Protect Yourself from Wildfire Smoke

When wildfires burn near you, smoke can reach your community. Wildfire smoke is a mix of gases and fine particles from burning trees and plants, buildings, and other material. Wildfire smoke can make anyone sick, but people with asthma, Chronic Obstructive Pulmonary Disease (COPD), or heart disease, and children, pregnant women, and responders are especially at risk.

Breathing in smoke can affect you right away, causing

- Coughing
- Trouble breathing
- Wheezing
- Asthma attacks
- Stinging eyes
- Scratchy throat
- Runny nose
- Irritated sinuses
- Headaches
- Tiredness
- Chest pain
- Fast heartbeat

Be ready to protect yourself against smoke and ash before, during, and after a wildfire. Find out more at the link below:

https://www.cdc.gov/air/wildfire-smoke/default.htm

U.S. Centers for Disease Control and Prevention (CDC), National Center for Environmental Health (NCEH). (Reviewed 2021, June 28). *Protect yourself from wildfire smoke*. Retrieved November 22, 2021, from https://www.cdc.gov