

Smoke from wildfire and other burning 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 smoke in Idaho:

Wildfires

Prescribed fires

Agricultural burning

Wood stoves

Backyard burning

Scan for additional resources to protect yourself from smoke:



SMOKE AND YOUR Health

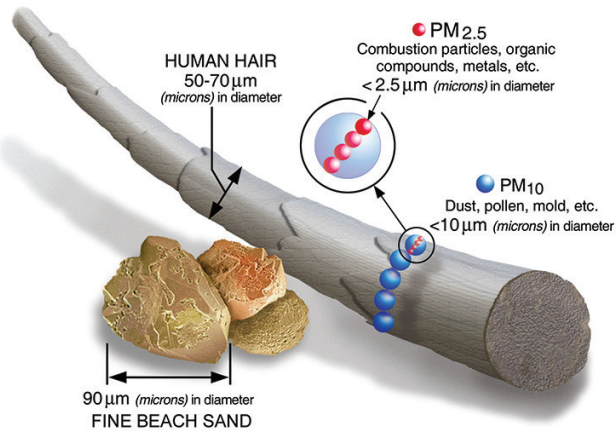


IDAHO DEPARTMENT OF
HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH



STATE OF IDAHO
DEPARTMENT OF
ENVIRONMENTAL QUALITY

Smoke from burning 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



Protect Yourself

- Check local air quality reports.
- Avoid outdoor activities during a smoke event.
- Stay hydrated.
- If you are sensitive to smoke, follow your doctor'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 doctor before using a mask if you have an existing medical condition.