
When are you affected?

Anytime there is a major wildfire in the state, there is a possibility the smoke could travel to where you live. Even if you can't see it, the air can be harmful.

What exactly is in the air?

During wildfires the air contains carbon monoxide, carbon dioxide, nitrogen oxide, and very small particles called particulate matter. These are all **VERY** harmful gasses to the human body.

Resources

If you have any more questions feel free to visit...

[Air Now](#)

[Centers for Disease Control and Prevention](#)

[Department of Homeland Security](#)

Health during Wildfires

What to remember?

What to do during a wildfire?

1. **Limit outdoor activities** that raise your heart rate(ie. running, sports practice), in doing so you won't breathe in excess gasses.
 2. **Wear masks** when going outside. N95 respirators and P100 masks filter the unhealthy smoke out of the air you breathe.
 3. **Check local air quality reports.** You'll find these reports on government websites or even on your smartphone's weather app.
 4. **Keep the indoor air clean** by keeping doors and windows closed and if possible running an air conditioner to filter the air.
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How does this affect me?

When you do breathe these dangerous gasses in you are at risk for having a scratchy throat, coughing, sinus inflammation, stinging eyes, runny nose chest pain, asthma attacks, short of breath and sometimes headaches. There are also risks of long term effects as in cardiovascular disease.
