



GOES Satellite Photo – 9-11-20 at 9 am

UNDERSTANDING WILDFIRE SMOKE

Who is at risk and how to protect yourself

Lewis County Public Health & Social Services



Groups sensitive to smoke from fires

- People with Pre-Existing Diseases
 - Especially lung and heart diseases and COVID-19
- People with respiratory infections
- Children & Infants
- People 65 years and older
- Pregnant women & fetus

Growing evidence for other sensitive groups

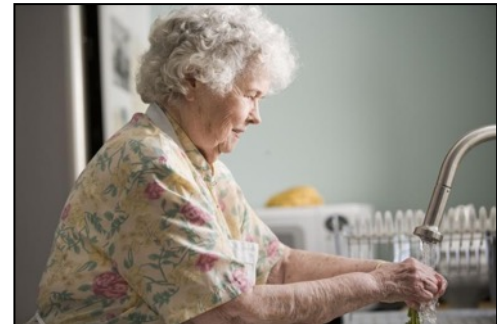


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Air Quality Guide for Particle Pollution

Harmful particle pollution is one of our nation's most common air pollutants. Use the chart below to help reduce your exposure and protect your health. For your local air quality forecast, visit www.airnow.gov

Air Quality Index	Who Needs to be Concerned?	What Should I Do?
Good (0-50)		It's a great day to be active outside.
Moderate (51-100)	Some people who may be unusually sensitive to particle pollution.	Unusually sensitive people: Consider reducing prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier. Everyone else: It's a good day to be active outside.
Unhealthy for Sensitive Groups (101-150)	Sensitive groups include people with heart or lung disease, older adults, children and teenagers.	Sensitive groups: Reduce prolonged or heavy exertion. It's OK to be active outside, but take more breaks and do less intense activities. Watch for symptoms such as coughing or shortness of breath. People with asthma should follow their asthma action plans and keep quick relief medicine handy. If you have heart disease: Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.
Unhealthy (151-200)	Everyone	Sensitive groups: Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling. Everyone else: Reduce prolonged or heavy exertion. Take more breaks during outdoor activities.
Very Unhealthy (201-300)	Everyone	Sensitive groups: Avoid all physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better. Everyone else: Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling to a time when air quality is better.
Hazardous (301-500)	Everyone	Everyone: Avoid all physical activity outdoors. Sensitive groups: Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.

Washington Smoke Blog, is a partnership between state, county, and federal agencies, and Indian Tribes.

Information is available in English and Spanish:

<https://wasmoke.blogspot.com/>

Steps to protect health from smoke

1. Stay informed about air quality

- <https://www.airnow.gov/>
- <https://wasmoke.blogspot.com/>



2. Limit exposure

- Avoid strenuous outdoor activity
- Limit time outdoors



3. Keep indoor air clean

- Keep windows and doors closed
- Don't contribute to poor indoor air quality
- Set AC on recirculate
- Use an air cleaner with a HEPA filter



4. Pay attention to symptoms

- Seek medical help if needed