

Wildfire Smoke Fact Sheet



Wildfire Smoke Facts and How to Protect Yourself During Wildfire Smoke Events

Wildfire smoke is associated with a range of short- and long-term health impacts. Smoke-prone areas like the Yakima Valley are highly impacted by wildfire smoke exposure due to a drier climate.

Wildfire smoke basics

- Wildfire smoke is a complex mixture of gases, **particulate matter (PM)**, and chemicals.
- Wildfire smoke events usually occur in the summer/early fall months in Washington State.
- Both local wildfire smoke and smoke from other far away regions can impact health.
- Indoor air can also be impacted by wildfire smoke.

Ways to monitor wildfire smoke and air quality

- Visit the EPA's **Air Quality Index (AQI)** and the **AirNow Fire and Smoke Map** to track smoke activity and air quality in

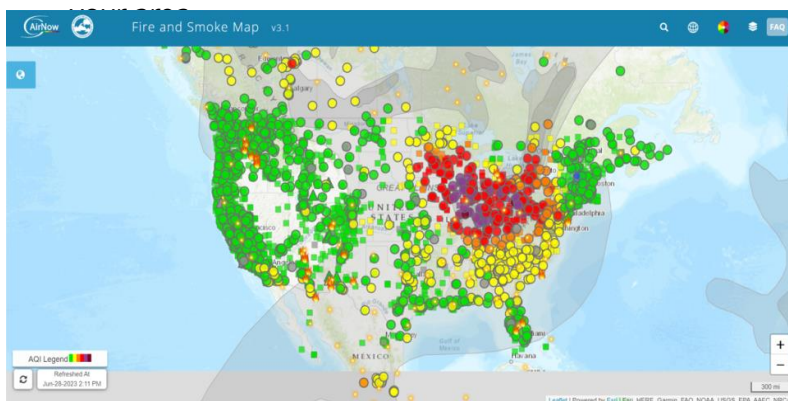


Figure 1. EPA AirNow Fire and Smoke map example.

If you work outdoors during wildfire smoke events

- You may be exposed to more wildfire smoke while working outside.
- Visit **Washington State Labor and Industries (WA L&I)** and learn about the Wildfire Smoke Rules.
- Scan this QR code to visit the WA L&I page.



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Wildfire smoke can impact your health

- **Fine particulate matter (PM_{2.5})** emitted from wildfire smoke can cause a series of health impacts, including coughing, wheezing, watery eyes, asthma attacks, irritated sinuses, headaches, heart conditions, and more.
- Though wildfire smoke impacts everyone, some are more vulnerable including people with existing heart/lung condition, children, pregnant individuals, older adults, people of low socio-economic status, and outdoor workers.

To reduce your wildfire smoke exposure

- Learn about your local air quality including fire and smoke activity.
- Reduce outdoor activity if you're vulnerable. Wear a proper mask if you need to be outdoors.
- Stay indoors, use low-cost particle sensors (like PurpleAir), and create an indoor space with clean air by using either an air purifier or box fan filter.
- Purchase commercial air purifier units with High Efficiency Particulate Air (HEPA) filters or make your own box fan filter (~ \$50 per unit) to keep indoor air clean.

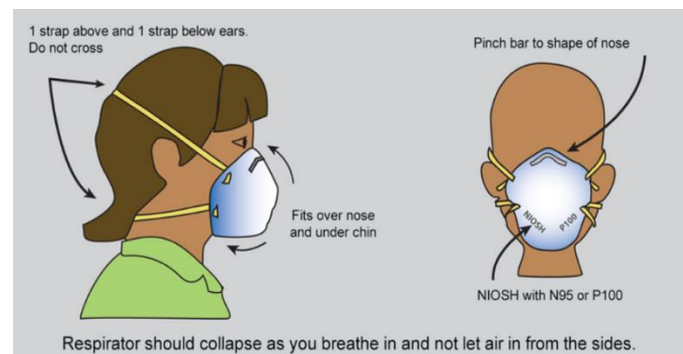


Figure 2. Use of respirator during wildfire.

Scan the QR code for EPA wildfire smoke resources and information.

