Smoke &
YOUR FAMILY’S HEALTH

Poor air quality can cause...
• Itchy eyes, throat, and nose.
• Coughing, wheezing, and difficulty breathing.
• Asthma attacks.
• Chest tightness, dizziness or light headedness.
• Lung or heart diseases.
• Respiratory infections, like pneumonia.

How do I know the air quality is poor?
• Pay attention to fire and smoke related news reports.
• Check with your local clean air agency to learn if your air quality is poor, such as airnow.gov.

For more information, visit:
PEHSU.net
DOH.WA.gov/smokefromfires
WAburnbans.net

Contact the Northwest PEHSU
1-800-KID-CHEM
pehsu@uw.edu
DEOHS.Washington.edu/PEHSU

How do I protect my kids?
During burning?
• Stay indoors.
• Make the indoor air cleaner: Visit DOH.WA.gov/smokefromfires for recommendations.
• Go to your local library—these often have clean air.
• Visit friends or family living in areas with better air quality.
• Get medical assistance if your child has symptoms.
• Follow evacuation orders.

When returning to burned areas?
• Only return to burned area if recommended by authorities.
• Do not allow children or pets to play in ash.
• Keep kids out of the area during clean-up.
• Wet dust to clean up ash and wash fruits and vegetables thoroughly.
• If ash gets on your child: clean skin off with soap and water, change clothing.
• Avoid hazards, like downed power lines or debris.
• Be aware of your increased risk of flooding.

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