

# Smoke & YOUR FAMILY'S HEALTH

Smoke from wildfires, wood or pellet stoves, agricultural burning, and prescribed fires can damage your child's health and well being.

## POOR AIR QUALITY

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](http://airnow.gov).

For more information, visit:

[PEHSU.net](http://PEHSU.net)

[DOH.WA.gov/smokefromfires](http://DOH.WA.gov/smokefromfires)

[WAburnbans.net](http://WAburnbans.net)

Contact the Northwest PEHSU

1-800-KID-CHEM

[pehsu@uw.edu](mailto:pehsu@uw.edu)

[DEOHS.Washington.edu/PEHSU](http://DEOHS.Washington.edu/PEHSU)

## HOW DO I PROTECT MY KIDS?

During burning?

- Stay indoors.
- Make the indoor air cleaner:  
Visit [DOH.WA.gov/smokefromfires](http://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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