

WILDFIRE SMOKE EXPOSURE



WHAT IS WILDFIRE SMOKE?

When a wildfire burns, different compounds are released in the smoke - such as carbon monoxide, carbon dioxide, hydrocarbons, and particulate matter (PM). The toxicity of the smoke can change depending on various factors, like weather, fire behavior, and what is burning. Wildfire smoke can travel long distances, far from the original source, and cause health issues in those exposed.

HOW DOES WILDFIRE SMOKE IMPACT HEALTH?

Different people are affected differently by wildfire smoke, depending on their individual risk factors - such as age and health conditions. Some health effects that may be caused by wildfire smoke. Particles from wildfires can be very small (PM 2.5) - so small that they can enter our blood through our lungs and affect our health.

Short-term symptoms:

- Eye irritation
- Sore throat
- Runny nose
- Chest pain
- Fatigue
- Coughing
- Difficulty breathing
- Rapid heartbeat

Long-term symptoms:

- Cough
- Asthma
- Bronchitis
- Pneumonia
- Cardiovascular (heart and blood vessel) outcomes
- Adverse birth outcomes

People at higher risk for symptoms:

- People over 65
- Children
- Pregnant people
- People with existing heart or lung conditions
- People with weak immune systems

GET IN TOUCH

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go.unmc.edu/cs-cash/cs-cash-contact

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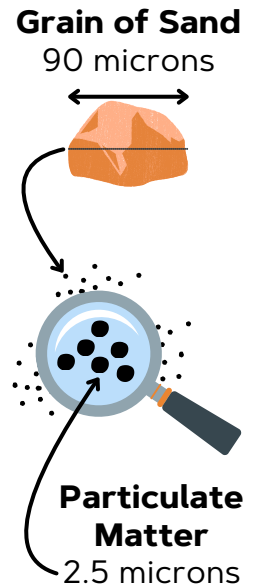


@unmccscash

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HOW TO REDUCE WILDFIRE SMOKE EXPOSURE?

- Monitor the Air Quality Index (AQI) - visit airnow.gov to find the AQI
- Relocate or reschedule tasks to less smoky areas or times of day
- Reduce the level of physical activity (when possible)
- Take frequent breaks in smoke free places
- Use a respirator when the AQI is in the unhealthy level
 - Minimum recommended level of filtration is N95



WHAT IS THE AIR QUALITY INDEX (AQI)?

The AQI shows how polluted the air is. The main harmful pollutants are particulate matters that measure 2.5 microns or less (PM 2.5). These particles can enter the bloodstream through the lungs when inhaled.

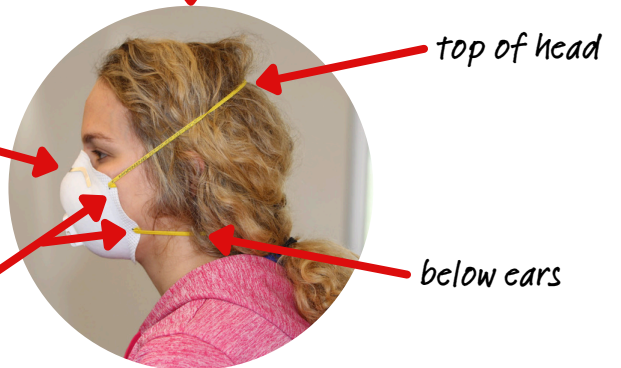
Air Quality Index	
301-500	Hazardous
201-300	Very unhealthy
151-200	Unhealthy
101-150	Unhealthy for sensitive groups
51-100	Moderate
0-50	Good

WEAR AN N95 OR HIGHER QUALITY RESPIRATOR!



flatten the nose piece on the bridge of the nose and run fingers along the side of the nose piece to seal

adjust straps



ADDITIONAL RESOURCES



AirNow:
Air Quality
Data



AirNow:
Fire and
Smoke Map



WCAHS:
Wildfire Smoke Exposure
- Employer Checklist