

Wildfire Smoke & Health

Smoke is an air pollutant

Mostly particles,
but also:



Hydrocarbons



Use common sense to protect health



Limit time outdoors & avoid outdoor exercise



People with heart or lung issues should be especially careful



Call your doctor if you have symptoms: coughing, wheezing, chest pain, or nausea



Stay hydrated & get enough sleep



Keep windows closed, unless it's very hot



Run AC with fresh air intake closed & the filter clean



Turn off your whole house fan



Avoid skin contact with ash



Don't stir up ash

Fires **inside** or **outside** the county can send smoke and ash into our air

However, visible smoke plumes don't always mean that ground-level air quality is affected



Find hourly air quality readings



MendoAir.org

