

# WILDFIRE

*Breath is the link between the conscious and unconscious mind*

## Basics

- Smoke is made up of a mixture of gases and fine particles produced when wood and other organic materials burn.
- Outdoors or indoors, these particles can get into eyes and lungs, aggravate chronic lung and heart diseases leading to exacerbation of COPD, pulmonary inflammation, bronchitis, and other lung diseases; and exacerbation of cardiovascular diseases, such as heart failure.

## Symptoms

- Eye, nose and throat irritation: burning eyes, runny nose, cough, phlegm, wheezing and difficulty breathing.
- Headache, fatigue, dizziness
- People with heart disease may experience chest pain, palpitations, shortness of breath, lightheadedness, unusual fatigue



## Prevention strategies

- Stay indoors during a smoke event. Keep your windows and doors closed during high outdoor pollution events. Air out your home by opening windows when the air quality improves, even temporarily.
- Consider using a portable air cleaner in the room(s) where you spend the most time, and a high-efficiency filter in your heating, ventilation, and air conditioning (HVAC) system. Use a filter rated Minimum Efficiency Reporting Value (MERV) 13 or better, or as efficient a filter as your system accommodates
- Purchase N95 or P-100 respirator masks. Dust or surgical masks, scarves or bandanas (wet or dry) will not protect your lungs from the fine particles in wildfire smoke.
- Avoid using wood fireplaces, gas logs, gas stoves, and candles. Don't vacuum - it stirs up particles already inside your home. Don't smoke.