

Wildfire Smoke and Health Infographic



Wildfire season typically runs from early April to late October. As wildfire burns through forests and grasslands, it produces dense smoke that can be a major source of toxic air pollutants. This pollution contains fine particles (that are not visible to the human eye) that penetrate deep into our lungs and bloodstream, sometimes leading to serious health effects. Those at greater risk of these effects are:

- small children
- pregnant women
- elderly
- people with lung or heart conditions
- people involved in strenuous outdoor work or sports

Wildfire Smoke & Health

Smoke is an air pollutant

Mostly particles,
but also:



NO_x

CO

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
air quality is affected

don't always mean that ground-level

Find hourly air quality readings



OurAir.org



[@OurAirSBC](https://twitter.com/OurAirSBC)

Infographic originally created by Chris Howes for Santa Barbara County Air Pollution Control District