

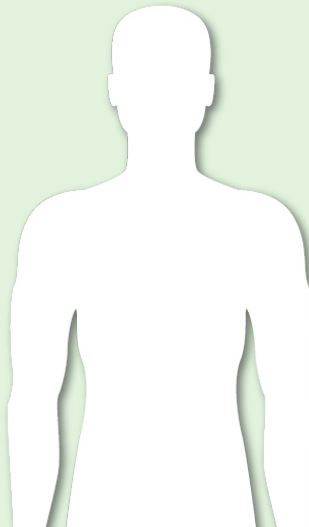
# WILDFIRE SMOKE & YOUR HEALTH



Wildfire smoke is a complex mix of gases and fine particles produced when wood and other organic materials burn. These microscopic particles can penetrate deep into your lungs. They can cause a range of health problems, from burning eyes and a runny nose to aggravated chronic heart and lung diseases. **The best thing to do is limit your exposure to smoke.**

## HOW SMOKE AFFECTS YOUR BODY

- Smoke can irritate eyes, nose, and throat, and its odor may be nauseating.
- Inhaling carbon monoxide (a large component of smoke) decreases the body's oxygen supply. This can cause headaches, reduce alertness, and aggravate a heart condition known as angina.
- Inhaling fine particles can cause respiratory irritation and shortness of breath and can worsen conditions like asthma and heart disease.
- Once exposure to smoke stops, symptoms generally diminish, but may last for a few days.



### Who's At Risk?

Anyone can feel the effects of wildfire smoke on their body, but those particularly at risk include:

- The elderly
- People with heart disease or respiratory illnesses (ex: asthma)
- The very young

**If visibility is less than 5 miles in your neighborhood, smoke has reached levels that are unhealthy.**

## WHEN THE SKIES ARE FILLED WITH SMOKE ...



### Keep indoor air as clean as possible.

Keep windows and doors closed. Use a HEPA filter to reduce indoor air pollution. Avoid smoking, using wood-burning stoves, burning candles, or vacuuming.



### Drink plenty of water.



**Reduce the amount of time spent outdoors.** Avoid vigorous outdoor activities.



### If you need to spend time outside when the air quality is hazardous,

do not rely on paper or dust masks for protection. N95 masks properly worn may offer some protection.



### Only if they are filtered, run your A/C or swamp cooler.

Keep the outdoor air intake closed and be sure the filter is clean.



### Pay attention to local air quality reports.

You can access real-time reports at <https://bit.ly/2JQ02Yv>.

**THE BOTTOM LINE:** Listen to your body and seek immediate medical attention if you are experiencing serious smoke-related health problems.



**24/7 Emergency Room**  
575 Rivergate Lane, Durango  
970-247-3537



**Open Daily 8:30am-7pm**  
450 S. Camino del Rio, Durango  
970-385-2388