

Wildfires and Health

Climate change is making wildfires more frequent and more dangerous. We estimate that wildfire smoke is about 10 times as dangerous for children compared with regular air pollution. Wildfire smoke has been linked to increased risk of premature birth, asthma and respiratory issues in children, and increased risk of cancer.

Know when it is not safe to be outside

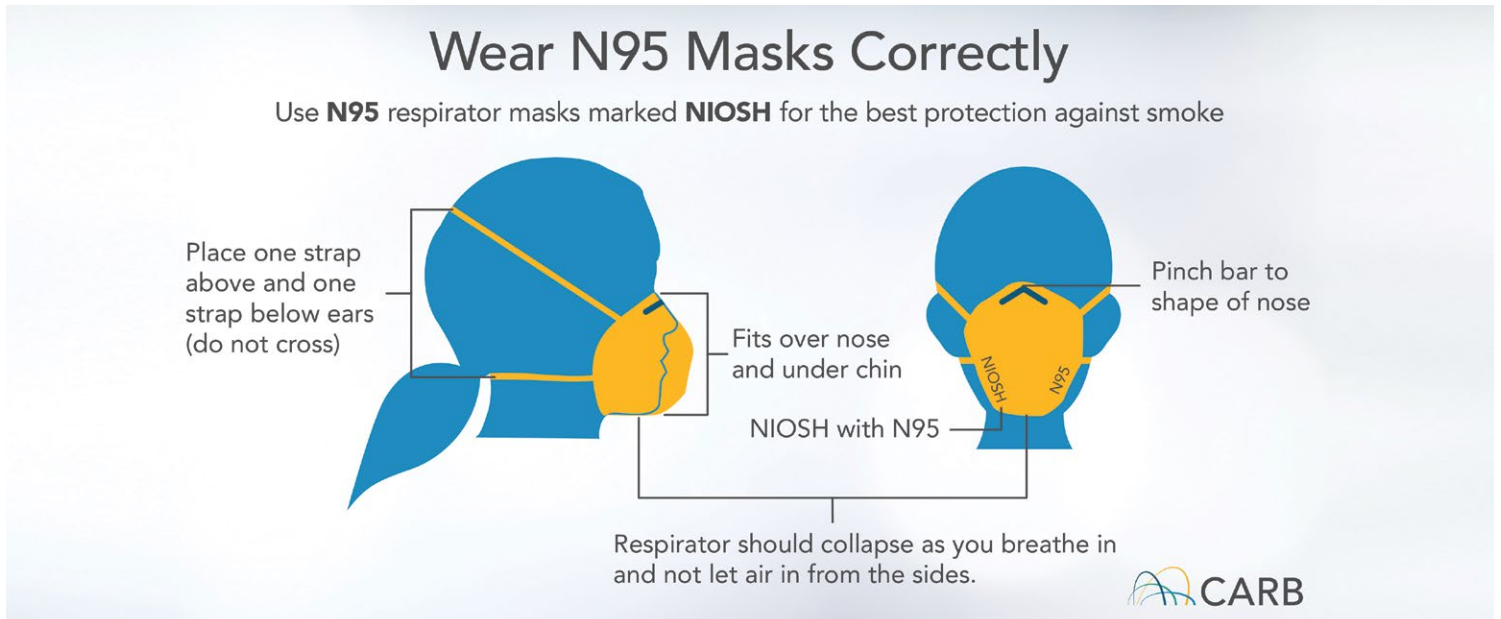
- Check for fires and wildfire smoke near you using [AirNow.gov](https://www.airnow.gov) on your phone, or computer.

AQI Basics for Ozone Particle Pollution

| Daily AQI Color | Levels of Concern | Values of Index | Description of Air Quality |
|-----------------|--------------------------------|-----------------|---|
| Green | Good | 0 to 50 | Air quality is satisfactory, and air pollution poses little or no risk. |
| Yellow | Moderate | 51 to 100 | Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution. |
| Orange | Unhealthy for Sensitive Groups | 101 to 150 | Members of sensitive groups may experience health effects. The general public is less likely to be affected. |
| Red | Unhealthy | 151 to 200 | Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects. |
| Purple | Very Unhealthy | 201 to 300 | Health alert: The risk of health effects is increased for everyone. |
| Maroon | Hazardous | 301 and higher | Health warning of emergency conditions: everyone is more likely to be affected. |

- The higher the air quality index number, the less safe the air is to breathe. Sensitive groups include infants and children, pregnant individuals, and elderly people with pre-existing conditions such as diabetes, heart disease, or lung disease including asthma. During times of poor air quality, keep windows and doors closed as much as possible.
- Utilize an air purifier if you have one. Refer to the instructions [here](#) on how to create your own air purifier from a box fan and air filter.

- If a mask is required based on your health status, be sure to utilize masks labeled N95, KN95, or P100. These masks come in different sizes and must be fitted properly to work effectively.



Protecting yourself and your family during poor air quality days

- When the outside air quality is poor, keep the air inside your home as clean as possible.
 - Do not smoke or burn firewood, candles, or incense.
 - If you cook with a gas stove, be sure to use the exhaust vent. If you do not have a vent, avoid using your stove during poor air quality days. Consider switching to an induction cooktop when able.

Preparing for Wildfires

- Wildfires can present additional risks that you should be aware of. These include:
 - Landslides
 - Water and ground pollution
 - Power outage
 - Carbon monoxide exposure
- Create a defensible space around your home by removing dead plants, grass, and weeds within 30 feet of your home.
- Create a family evacuation plan, including escape routes, a meet-up point, and an emergency contact.



Preventing Wildfires

Worsening wildfires are erasing the gains we've made to breathe cleaner air. Wildfires will grow worse the more we burn fossil fuels. Support the transition to renewable forms of energy to safeguard health.