

Wildfire Smoke and Asthma— Minimizing Personal Risk

Landscape Fire Smoke Risk Reduction Measures¹

Especially to:



Children



The elderly



People with
heart conditions



People with
lung conditions

Minimizing indoor and outdoor smoke exposure is essential for everyone's health, particularly for children, the elderly, and those with heart and lung health conditions¹

Help Protect Yourself, Children, and Others From Unhealthy Levels of Air Pollution^{2,3}



Check the air quality before doing an activity³



Plan activities when air pollution levels will be low³



Learn to interpret an air quality report²

How Do You Find Air Quality Information?^{2,3}



Air quality forecasts are provided on the **radio, television, and internet**



AirNow.gov provides **real-time** air quality index (AQI) forecasts with maps showing how pollution levels will move throughout the day

AQI levels of ≥ 101 are unhealthy for people with asthma. Symptoms can worsen even at moderate AQI levels (51–100)⁴



For additional information,
please visit luma-edu.com

1. US EPA. <https://www.epa.gov/emergencies-iaq/wildfires-and-indoor-air-quality-iaq>. Accessed June 17, 2025.
2. Centers for Disease Control and Prevention. <https://www.cdc.gov/air-quality/about/index.html>. Accessed June 17, 2025.
3. American Lung Association. <https://www.lung.org/clean-air/outdoors/air-quality-index>. Accessed June 17, 2025.
4. Asthma and Allergy Foundation of America. <https://aafa.org/asthma/asthma-triggers-causes/air-pollution-smog-asthma/>. Accessed June 17, 2025.

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Stay indoors



Reduce exposure to smoke¹



Keep **windows and doors closed**¹



Avoid strenuous outdoor exercises^{1,2}

Evacuate to an area with cleaner air



Offers health protection to vulnerable groups, including pregnant women and individuals with lung or heart disease^{2,3}



Do not return home until you are informed that it is safe to do so⁴

Have an asthma action plan



Follow your healthcare provider's advice and **your asthma action plan** during a wildfire smoke event⁴

Use air purifiers with HEPA filters



Reduces indoor smoke exposure³



If vacuuming dusty surfaces, **use HEPA-type vacuum**¹

If portable air purifiers are not affordable, make a homemade version by attaching furnace filters to a box fan with tape, brackets, or bungee cords to serve as a temporary alternative¹

Wear face masks



N95 masks offer effective protection from smoky air or ash-covered areas³



Suitable for outdoor workers³

Visit buildings with good indoor air quality



For relief from both **heat and smoke**²



Consider going to your **community's designated cleaner air and cooling center**²

Minimize stress



Ensure a 7- to 10-day supply of prescription medicines for evacuation⁴



Keep **short-acting or rescue inhalers** close by and ensure taking controller medications as prescribed⁵

Check smoke or air quality forecasts



Help individuals create smoke exposure reduction plans⁶



Wildfire smoke can stay in the air for days after the flames are out, so keep checking your local air quality⁴

Cleanup Safety: After a Fire Event⁷

- Wear protective clothing
- Change clothes before leaving cleanup areas or interacting with vulnerable individuals
- Replace HVAC or air purifier filters frequently and continue filtering the air until the smoke smell fades
- Use a tight-fitting, NIOSH-approved N95 mask to protect against ash exposure



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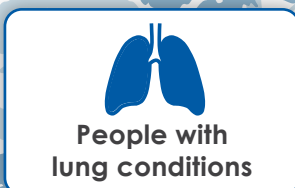
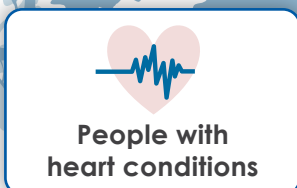
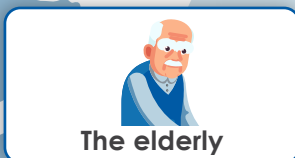
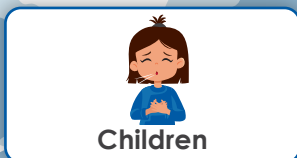
1. US EPA. <https://www.epa.gov/emergencies-iaq/wildfires-and-indoor-air-quality-iaq>. Accessed June 17, 2025.
 2. US EPA. <https://document.airnow.gov/protect-yourself-from-smoke-and-extreme-heat.pdf>. Accessed June 17, 2025.
 3. US EPA. <https://www.airnow.gov/sites/default/files/2021-12/protect-your-lungs-from-wildfire-smoke-or-ash.pdf>. Accessed June 17, 2025.
 4. Centers for Disease Control and Prevention. <https://www.cdc.gov/wildfires/risk-factors/wildfire-smoke-and-people-with-chronic-conditions.html>. Accessed June 17, 2025.
 5. National Heart, Lung, and Blood Institute. www.nhlbi.nih.gov/health/asthma/treatment-action-plan. Accessed July 17, 2025.
 6. US EPA. <https://www.epa.gov/wildfire-smoke-course/wildfire-smoke-and-your-patients-health-air-quality-index>. Accessed June 17, 2025.
 7. AirNow.gov. <https://www.airnow.gov/wildfires/after-a-fire/>. Accessed July 17, 2025.



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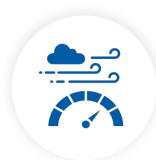


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