

Wildfires and Health

Wildfires are becoming more frequent and dangerous. The pollution created by wildfires is about 10 times as dangerous for children than regular air pollution. Wildfire smoke has been linked to an increased risk of premature birth, cancer, and asthma or other respiratory issues in children.

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.

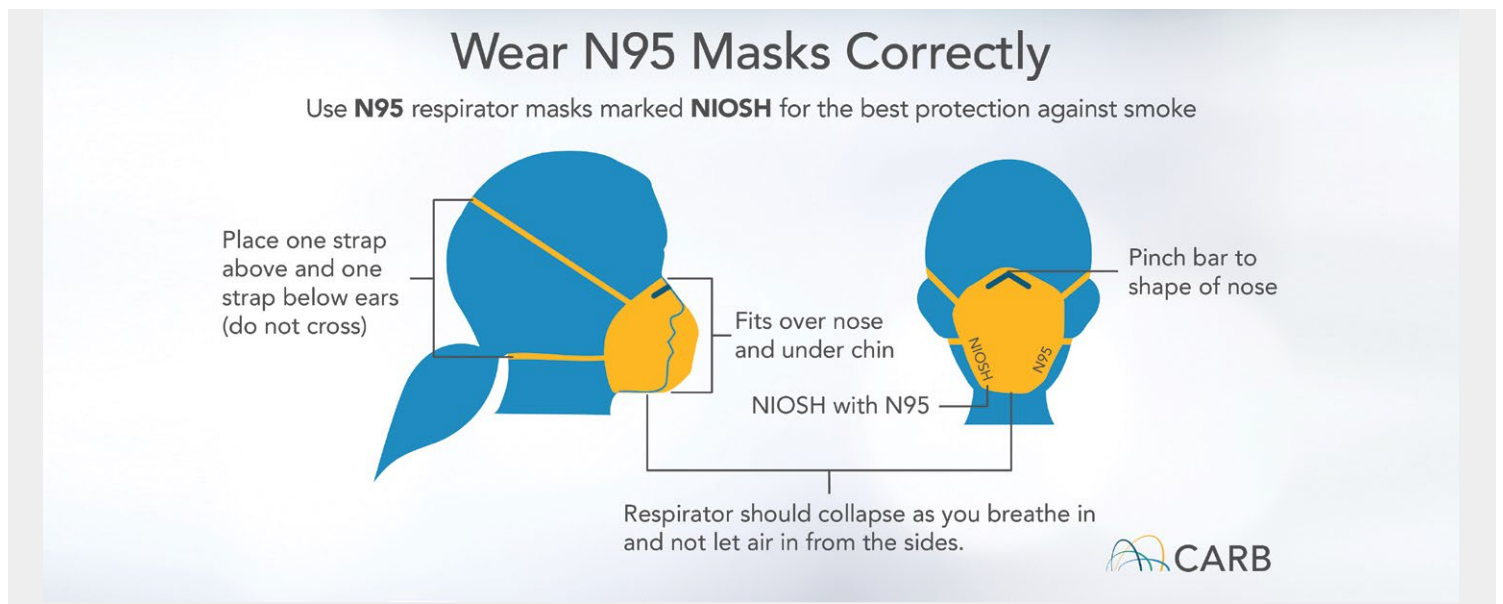
AQI Basics for Ozone Particle Pollution

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 is, also called an AQI 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, and lung disease including asthma. If the air quality is poor, keep windows and doors closed as much as possible.

Protecting yourself and your family during poor air quality days

- 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 with N95, KN95, or P100. These masks come in different sizes and must be fitted properly to work effectively.



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 you can.

Dangers that wildfires may create

Wildfires can present other risks that you should be aware of. These include:

- Landslides
- Water and ground pollution
- Power outages
- Carbon monoxide exposure

Preventing Wildfires

You can prepare your home and family for current, and future, wildfire events. If there is a wildfire, it is important to keep the area outside your home safe from anything that could cause wildfires and to have a plan for your family.

- Move anything that could be used to fuel and wildfire at least 30 feet away from your home. Examples of things to remove are dead plants or dead grass, and weeds.
- Create a family evacuation plan, including escape routes, a meet up point, and an emergency contact.