

Wildfire Smoke and Washingtonians

Smoke from fires can be dangerous for everyone.
Take these steps to protect your health.



Stay informed on air quality

Visit WA Smoke Blog (www.wasmoke.blogspot.com) for current air quality conditions and smoke forecasts.



Avoid smoky air

People with health conditions, such as lung or heart diseases, diabetes, stroke survivors or have a respiratory infection such as a cold, flu, COVID-19, RSV, pneumonia, or bronchitis should limit their time outside, avoid intense physical activities and keep indoor air clean, and monitor symptoms when smoke levels are “moderate.”



Babies, children and youth, people over 65, and pregnant people should follow this advice when smoke levels are “unhealthy for sensitive groups.” When air quality is “moderate,” watch for symptoms as a sign to reduce exposure.

Other groups should watch for symptoms as a sign to reduce exposure when smoke levels are “unhealthy for sensitive groups,” and take the above steps when smoke levels are “unhealthy” for everyone.



Keep indoor air clean

Close windows and doors, unless it is too hot to maintain safe temperatures.

Don't smoke, use candles, or vacuum. Filter indoor air through an HVAC system, HEPA portable air cleaner (avoid ones that generate ozone), or DIY box fan filter with a MERV 13 filter.

Use fans or air conditioner (AC) when it's hot, and set your AC to recirculate. If you don't have an AC and it's too hot to stay home, go to a place with AC like a mall or library.



Contact your healthcare provider

If you or someone else is experiencing severe symptoms, like trouble breathing, call 911. If you have a heart or lung condition and your symptoms get worse around smoke, contact your healthcare provider.

DOH.WA.GOV/SMOKEFROMFIRES