

Wildfire Smoke and People Over 65

Smoke from fires can be especially dangerous for people over 65. 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.

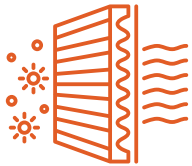


Avoid smoky air

Limit your time outside, avoid intense physical activities, keep indoor air clean, and monitor for symptoms when smoke levels are “unhealthy for sensitive groups,” “unhealthy,” “very unhealthy,” and “hazardous.” When air quality is “moderate,” watch for symptoms as a sign to reduce exposure.



If you have a health condition, such as asthma or other lung or heart condition, diabetes, or a respiratory infection such as a cold, flu, COVID-19, RSV, pneumonia, or bronchitis, follow this advice when levels are “moderate.”



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.

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