Wildfire Smoke: Know the Symptoms

Exposure to smoke from fires can cause or worsen health problems. **Knowing the symptoms can help protect you and others.**

If you have a health condition, smoke from fires may worsen your symptoms. When smoke levels are moderate to high, healthy people can also have symptoms. These can range from minor irritations to life-threating complications, including:

sore throat

headaches

burning eyes
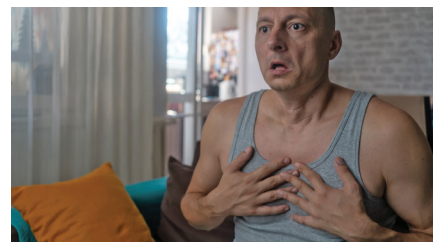

coughing

wheezing

chest pains

shortness of breath or trouble breathing

Health conditions can include:

- Asthma, COPD, and other lung diseases
- Heart diseases
- Diabetes
- Stroke survivors
- Respiratory infections (such as cold, flu, COVID-19, RSV, pneumonia, or bronchitis)

If you have minor symptoms like sore throat or headaches, take steps to protect your health. Limit your time spent outdoors, avoid high intensity activities, and keep indoor air clean.

Call 911 if you have have trouble breathing or chest pains.

For more information about the health impacts of wildfire, visit

DOH.WA.GOV/ SMOKEFROMFIRES

Washington State Department of HEALTH