

# WILDFIRE SMOKE PREPAREDNESS



*Is smoke from wildfires affecting your air quality?  
You can take action to protect yourself and your  
family from the negative effects of wildfire smoke.*

## WHAT IS WILDFIRE SMOKE MADE OF?

- Smoke is made up of a mixture of gases and particles including fine particulate matter (PM<sub>2.5</sub>), which poses a threat to health
- Fine particles can also decrease visibility by causing the air to be hazy



*PM<sub>2.5</sub> particles are  
2.5 microns or smaller  
in diameter*

## HOW DOES WILDFIRE SMOKE IMPACT MY HEALTH?

- Fine particles from smoke can get into eyes and respiratory systems, irritating the eyes and lungs
- Health effects from smoke include:
  - Coughing and wheezing
  - Watering and irritated eyes
  - Difficulty breathing
- At-Risk Groups especially impacted by smoke:
  - Children
  - Elderly
  - Pregnant women
  - People with asthma and other respiratory issues
  - People with heart problems

FOR MORE INFO: [FCGOV.COM/WILDFIRE](https://www.fcgov.com/wildfire)

# PROTECT YOURSELF AND LOVED ONES FROM SMOKE IMPACTS

## ARE YOU BEING IMPACTED BY SMOKE?

- **Visibility Check:** If you can see or smell smoke, your air quality is impacted
- **Look for landmarks:** If there is smoke, and you can't see more than 5 miles (e.g., you can't see the CSU "A" by Horsetooth), smoke is impacting you
- **Check Smoke Alerts:** Local air quality can still be affected by smoke from fires further away, even if you can't smell it. Sign up for smoke and air quality alerts, and check landmark visibility at [fcgov.com/aqdata](https://fcgov.com/aqdata)



## ACTIONS YOU CAN TAKE TO PROTECT YOURSELF WHEN SMOKE IS IMPACTING AIR QUALITY

- Stay indoors
- Limit physical activity

### INSIDE YOUR HOME

- If you have a central air system, run the fan on recirculate
- Close windows and doors to minimize exposure
- If you don't have central air, create a clean air room with a non-ionizing portable air cleaner
- Minimize exposure to indoor air pollutants by avoiding activities such as burning candles or smoking inside

### IN YOUR CAR

- Close windows and set air to recirculate
- Change filters every 20,000-30,000 miles

Auxilliary aids and services are available for persons with disabilities.

20-22275

FOR MORE INFO: [FCGOV.COM/WILDFIRE](https://fcgov.com/wildfire)