

HEALTH EFFECTS OF SMOKE EXPOSURE

Immediate effects of short-term exposure to forest fire smoke include:

- Sore or tearing eyes
- Cough
- Runny nose

Other symptoms often experienced from smoke exposure in combination with physical exhaustion, psychological stress, and poor nutrition include:

- Cold symptoms
- Persistent cough
- Sore throat

Signs of high blood levels of carbon monoxide (CO) include:

- Headaches
- Dizziness
- Nausea
- Decreased mental function

Intermediate effects of exposure to forest fire smoke (from days to weeks) include:

- Lung or airway congestion
- Persistent cough

If you have asthma, emphysema, chronic bronchitis that does not respond to your regular medications Smoke exposure in combination with physical exhaustion, psychological stress, and poor nutrition can lead to acute bronchitis

Prolonged exposure. It is very unlikely that you will ever experience this from forest fire smoke and little is known about its effects. The risks are probably the same for cigarette smoking, and include heart disease, stroke, chronic bronchitis and emphysema (COPD), and cancer.

Note: The mixture of particles, liquids, and gaseous compounds found in smoke from wild land fires is very complex, and include compounds that can irritate and even injure the tissues of your mouth, nose, throat, and lungs.

Recommendations:

1. If you are located in an area where you can smell smoke, or you experience symptoms of cough, eye, nose, mouth, or throat irritation, then move indoors and stay there with the windows closed as long as it is safe to do so.
2. If you continue to smell smoke and experience these symptoms when indoors, then consider evacuating to another location, away from the fire and smoke.
3. If you have severe symptoms of headache, dizziness, nausea, prolonged cough, sore throat, or shortness-of-breath, visit an urgent care/emergency room or contact your medical provider.
4. **For more severe shortness of breath, chest pain, decreased mental function or other life-threatening condition, call 911 immediately.**

