

Oregon State Wildfire Training

Wildfire smoke can harm you in multiple ways. Smoke can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases. This is especially true if you have pre-existing conditions such as asthma or shortness of breath.

Wildfire smoke is a mix of gases and fine particles from burning vegetation, building materials, and other materials. Wildfire smoke can make anyone sick. Even someone who is healthy can get sick if there is enough smoke in the air. Breathing in smoke can have immediate health effects, including:

Coughing	Wheezing and shortness of breath
Trouble breathing normally	Chest pain
Stinging eyes	Irritated sinuses
A scratchy throat	Runny nose
Headaches	An asthma attack
Tiredness	Fast heartbeat

Older adults, pregnant women, children, and people with preexisting respiratory and heart conditions may be more likely to get sick if they breathe in wildfire smoke.

Here are some tips for Protecting Yourself from Breathing Wildfire Smoke

- Pay attention to local air quality reports and the US Air Quality Index
- Pay attention to visibility guides if they are available
- If you are told to stay indoors, stay indoors and keep your indoor air as clean as possible. Keep windows and doors closed unless it is very hot outside
- Use an air filter. Use a freestanding indoor air filter with particle removal to help protect people with heart disease, asthma or other respiratory conditions and the elderly and children from the effects of wildfire smoke
- Do not add to indoor pollution. When smoke levels are high, do not use anything that burns, such as candles and fireplaces. Do not vacuum, because vacuuming stirs up particles already inside your home. Do not smoke tobacco or other products, because smoking puts even more pollution into the air
- Follow your doctor's advice about medicines and about your respiratory management plan if you have asthma or another lung disease or cardiovascular disease. Call your doctor if your symptoms worsen

How much is too much? When the Air Quality Index (AQI) is at or above

- 101-250 employees are encouraged to wear a company provided N95
- 251-500 employees are required to wear a N95 no medical clearance or fit-testing but training
- 501-employees are required to wear a tight-fitting respirator with medical clearance and fit testing

Attendance Sign in

Date _____

