

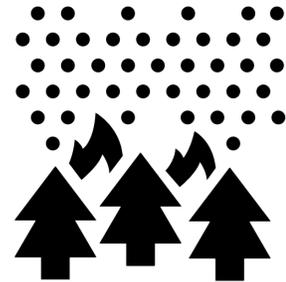
# Smoky Air Can Be Dangerous for Those Who Are Over 65

Smoky air can be dangerous, particularly for those who are over the age of 65. Taking steps to protect your health is important for everyone, especially people who have heart or lung diseases.

## Symptoms of Wildfire Smoke Exposure

Exposure to wildfire smoke can cause or worsen health problems. Some symptoms include:

- burning eyes
- sore throat
- headache
- coughing
- wheezing
- shortness of breath
- worsening heart and lung conditions



Contact your health care provider if you have heart or lung problems when around smoke. Call **911** if you or someone else has serious symptoms—like trouble breathing.

## Limit Exposure to Smoky Air— Who’s most at risk?

When smoke levels reach the “unhealthy for sensitive groups” category, people with heart or lung diseases, pregnant women, people over 65, and babies and children should limit time outdoors and keep indoor air clean. If air quality worsens and smoke levels reach “unhealthy,” “very unhealthy” or “hazardous” categories, everyone should limit their time outdoors, avoid exercise outdoors, and take steps to keep indoor air clean. Check outdoor air quality for your area on the WA Smoke Blog ([www.wasmoke.blogspot.com](http://www.wasmoke.blogspot.com)).

## Keep Indoor Air Clean

Close windows and doors, but be mindful of the heat and stay hydrated to avoid other health problems. Use fans indoors, and if you have an air conditioner, set it to recirculate. Use a HEPA air cleaner. Don’t add to indoor air pollution; avoid using candles, and don’t smoke or vacuum while it’s smoky outside.

## Monitor the Quality of Your Air

Some people, including people with heart or lung diseases, pregnant women, people over 65, babies and children are at higher risk of problems from breathing smoke. It’s especially important for these people and those who care for them to pay attention to air quality and take steps to reduce their exposure to smoke.

WA Smoke Blog ([www.wasmoke.blogspot.com](http://www.wasmoke.blogspot.com)) provides the latest information on current air quality conditions and smoke forecasts so you know what to expect.

For more information on what you can do to stay healthy and safe this wildfire season, visit the Washington State Department of Health Smoke From Fires website:

[www.doh.wa.gov/smokefromfires](http://www.doh.wa.gov/smokefromfires)



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