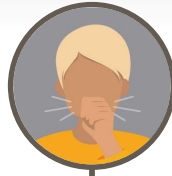
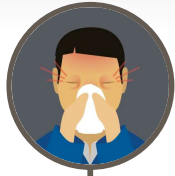


# WILDFIRE SMOKE

Some people are more affected by smoke.

People who should take extra care: people with chronic health conditions, people with lung infections, people who are pregnant, people over 65 years old, and young children.



## Common Signs

- Sore throat
- Irritated eyes
- Runny nose
- Mild cough
- Coughing up thick, sticky phlegm
- Headaches
- Wheezy breathing

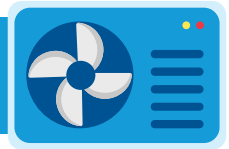
## More Severe Signs

- Short of breath
- Severe cough
- Feel dizzy
- Fast heartbeat
- Chest pain

Anyone with these signs needs medical help.



The best way to protect your health is to reduce your exposure to wildfire smoke.



### Plan ahead Stay informed

- Check the latest local air quality readings and advisories regularly.



### Hydrate

- Drink plenty of water.
- Offer water to those in your care.



### Check-In

- Pay attention to how you feel.
- Watch for signs of smoke effects in those around you.

### Relocate

- Go to local libraries, community centres, or other public spaces that have central air conditioning and cleaner air.



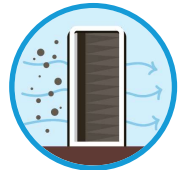
### Reduce Exposure

- Reduce outdoor physical activities.
- Stay indoors when smoke is heavy.



### Cool and Filter

- Filter indoor air using portable HEPA air filters.
- Keep windows and doors closed during high smoke times.
- On hot days
  - Keep the temperature indoors at a comfortable level. Extreme heat can be a danger to your health.
  - Use energy efficient, mechanical cooling along with portable air cleaners to create cool spaces with clean air.



During the summer months both wildfire smoke and heat can be a health concern. Find out more about air quality: [fraserhealth.ca/airquality](https://fraserhealth.ca/airquality)

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Find out more about heat-related illness, preparing for the heat season, and staying healthy in the heat: [fraserhealth.ca/heatsafety](https://fraserhealth.ca/heatsafety)