Health Threats From Wildfire Smoke

Smoke can cause:
- Coughing
- Scratchy throat
- Irritated sinuses
- Shortness of breath
- Chest pain
- Headaches
- Stinging eyes
- A runny nose
- Asthma exacerbations

For people with heart disease:
- Chest pain
- Rapid heartbeat
- Shortness of breath
- Fatigue

For people with respiratory conditions:
- Inability to breathe normally
- Mucousy cough
- Chest discomfort
- Wheezing/shortness of breath

Smoke is especially harmful for seniors, children under 12, and people with pre-existing heart/lung conditions.

Protect Yourself!

- Pay attention to local air quality reports: Listen and watch the news for reports about current air quality. Lane Regional Air Protection Agency has hourly updates on their website! Visit www.lrapa.org or their twitter and facebook pages.
- Keep indoor air clean Don’t use anything that burns like woodstoves or candles. Use an AC with clean filters if you have one.
- Follow doctor’s advice Consult your doctor on how to manage your health when it’s smokey
- Evacuate if needed Pay attention to local law enforcement and news.

10-18.1% Lane County adults have asthma

For more information, please visit www.lrapa.org or call the Lane Regional Air Protection Agency 541-736-1056 (Factsheet created Aug 28, 2014.)