

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

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 its smokey
- **Evacuate if needed**
Pay attention to local law enforcement and news.

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



10-18.1% Lane County adults have asthma

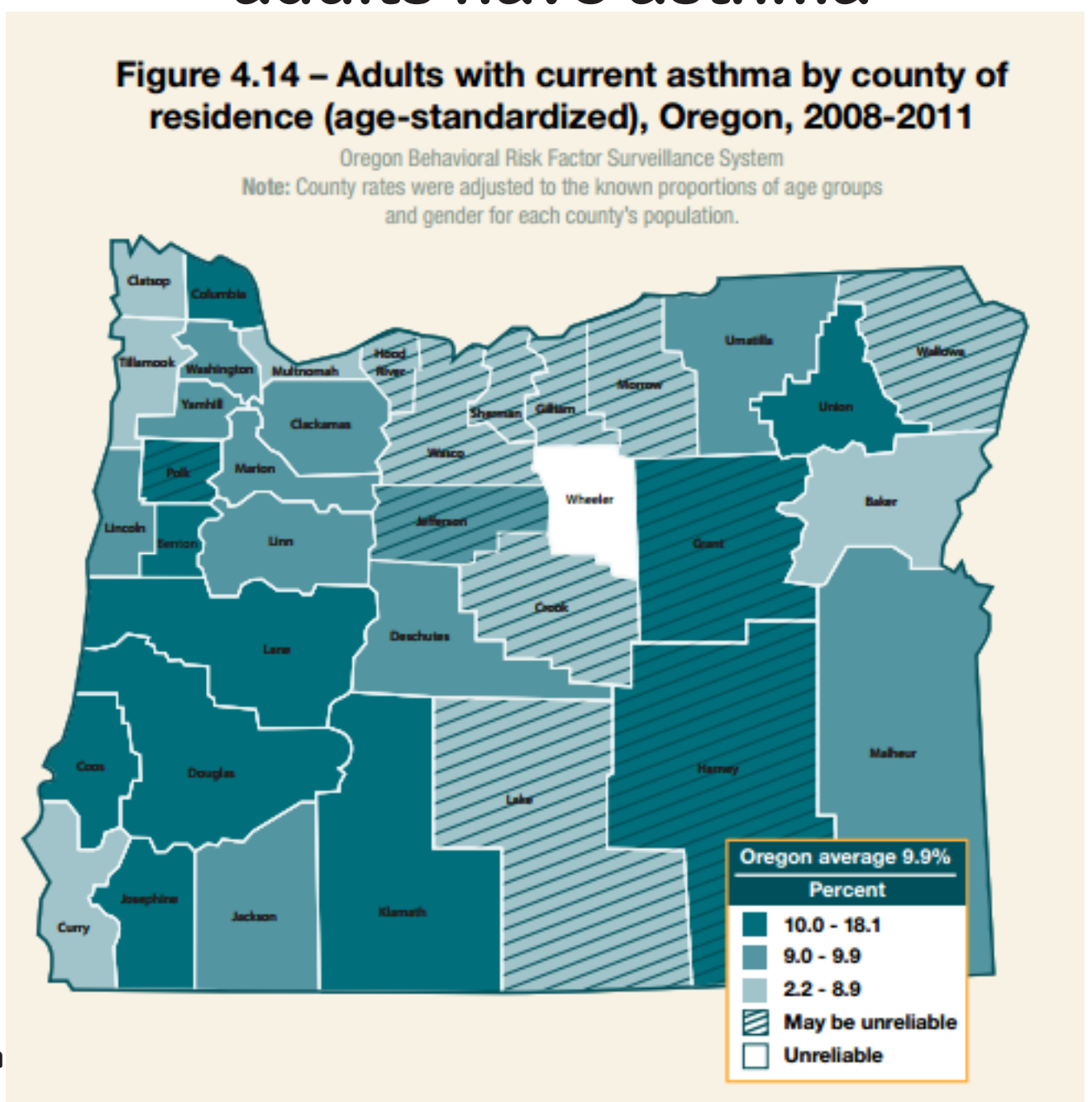


Figure 4.14 The burden of asthma in Oregon, 2013. (<https://public.health.oregon.gov/DISEASES/CONDITIONS/CHRONICDISEASE/ASTHMA/Pages/burdenrpt.aspx>)

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