

Wildfire Smoke and Your Health

When smoke levels are high, even healthy people may have symptoms or health problems. **The best thing to do is to limit your exposure to smoke.** Depending on your situation, a combination of the strategies below may work best and give you the most protection from wildfire smoke. The more you do to limit your exposure to wildfire smoke, the more you'll reduce your chances of having health effects.

Keep indoor air as clean as possible.

Keep windows and doors closed. Use a high-efficiency particulate air (HEPA) filter to reduce indoor air pollution. Avoid smoking tobacco, using wood-burning stoves or fireplaces, burning candles, incenses or vacuuming.



Drink plenty of water.

Reduce the amount of time spent in the smoky area.

If you have to spend time outside when the air quality is hazardous:

Do **not** rely on paper or dust masks for protection. N95 masks properly worn may offer some protection.

Reduce the amount of time spent outdoors.

Avoid vigorous outdoor activities.



Listen to your body.

Contact your healthcare provider if you are feeling symptoms, or 911 if you are experiencing an emergency.

Stay informed.

AirNow has information about air quality in your community: <https://airnow.gov/>

Answers to frequently asked questions can be found at www.knoxcounty.org/health/