Poor Air Quality
How wildfire smoke can affect your health

Wildfire smoke creates tiny particles in the air that can cause health concerns.

Poor air quality can affect your health.

It can cause chest pain, irregular heartbeat, shortness of breath, headaches, sore throat, coughing and eye irritation.

You are most at risk if you are:

Under 18, over 65, pregnant, living with heart or lung disease.

Protect your health.

Limit time outside.
Close windows and doors when possible.
Set air conditioner to recirculate and use a HEPA filter.
Drink plenty of water.
If you are sick, call your doctor.

Check your local air quality at pscleanair.org.

Learn more about wildfire smoke and poor air quality at tpchd.org/wildfiresmoke.