

Community Guide for Staying Healthy During Wildfire Smoke Events*

Sensitive Groups: Children (ages 18 and under), pregnant women, people with heart or lung disease, and the elderly

***Smoke-Related Symptoms:** Contact a health care provider if you experience symptoms that may be related to smoke exposure including shortness of breath, repeated coughing, difficulty breathing, wheezing, chest tightness or pain, palpitations, nausea, and unusual fatigue or lightheadedness.

Air Quality Index (AQI)	Possible Health Effects	Recommended Actions
Good (0 - 50)	None expected	None
Moderate (51 - 100)	Sensitive Groups: <ul style="list-style-type: none"> Possible worsening of heart or lung disease 	Sensitive Groups: <ul style="list-style-type: none"> Unusually sensitive people should consider limiting prolonged or heavy exertion People with heart or lung disease should pay attention to symptoms Everyone: Take steps to reduce indoor smoke exposure https://www.epa.gov/indoor-air-quality-iaq/wildfires-and-indoor-air-quality-iaq
Unhealthy for Sensitive Groups (101 - 150)	Sensitive Groups: <ul style="list-style-type: none"> Increased likelihood of smoke-related* symptoms Worsening of heart or lung disease Increased risk of early death in people with lung or heart disease and the elderly 	Sensitive Groups: <ul style="list-style-type: none"> Limit time spent outdoors Avoid physical exertion If you have asthma, follow your asthma management plan Everyone: Take steps to reduce indoor smoke exposure https://www.epa.gov/indoor-air-quality-iaq/wildfires-and-indoor-air-quality-iaq
Unhealthy (151 - 200)	Persons with heart and lung disease and the elderly: <ul style="list-style-type: none"> Worsening of existing heart or lung conditions. Significant risk of early death General population: <ul style="list-style-type: none"> Increase in breathing problems 	Sensitive Groups: <ul style="list-style-type: none"> Stay indoors and avoid exertion Stay in a clean room at home (use a non-ozone producing air cleaner): https://www.epa.gov/indoor-air-quality-iaq/create-clean-room-protect-indoor-air-quality-during-wildfire If you cannot create a clean indoor air space, go to an area with better air quality if it is safe to do so General Population: <ul style="list-style-type: none"> Limit time spent outdoors

		<ul style="list-style-type: none"> • Avoid prolonged or heavy exertion • Take steps to reduce indoor smoke exposure: https://www.epa.gov/indoor-air-quality-iaq/wildfires-and-indoor-air-quality-iaq
Very Unhealthy (201 – 300)	<p>Persons with heart and lung disease and the elderly:</p> <ul style="list-style-type: none"> • Worsening of existing heart or lung conditions. • Significant risk of early death <p>General population:</p> <ul style="list-style-type: none"> • Increase in breathing problems 	<p>Everyone:</p> <ul style="list-style-type: none"> • Stay indoors • Avoid exertion • To shelter in place - create a clean indoor air space: https://www.epa.gov/indoor-air-quality-iaq/create-clean-room-protect-indoor-air-quality-during-wildfire • If you cannot create a clean indoor air space, go to an area with better air quality if it is safe to do so
Hazardous (> 300)	<p>Persons with heart and lung disease and the elderly:</p> <ul style="list-style-type: none"> • Worsening of existing heart or lung conditions. • Significant risk of early death <p>General population:</p> <ul style="list-style-type: none"> • Serious risk of breathing problems 	<p>Everyone:</p> <ul style="list-style-type: none"> • Avoid all physical activity outdoors • Stay indoors, preferably in a space with filtered air • Avoid exertion • To shelter in place - create a clean indoor air space: https://www.epa.gov/indoor-air-quality-iaq/create-clean-room-protect-indoor-air-quality-during-wildfire • If you cannot create a clean indoor air space, go to an area with better air quality if it is safe to do so

This table was adapted from the Wildfire Smoke: A Guide for Public Health Officials (Revised August 2019). The full document is available at <https://www3.epa.gov/airnow/wildfire-smoke/wildfire-smoke-guide-revised-2019.pdf>

More Resources:

- Emergency Go Bags, clean air filters, and health risks: www.healthandwelfare.idaho.gov
- Air Quality Index (AQI): airnow.gov
- Active wildfires in Idaho: <http://idsmoke.blogspot.com/p/wheres-fire.html>

