

WILDFIRES AND YOUR HEALTH



Protect yourself from the harmful effects of smoke and ash.

IF YOU SEE OR SMELL SMOKE

Limit outdoor activities, especially exercise.

Stay indoors with windows and doors closed.

If you run an air conditioner, keep the filter clean and the fresh-air intake closed—use the recirculate setting.

Seek shelter outside of the affected area if you do not have an air conditioner and it is too warm to stay inside with the windows closed.

Protect your pets and bring them indoors.

Keep car windows and vents closed and operate air conditioning in recirculate mode.

Seek medical attention if you experience repeated coughing, shortness of breath or difficulty breathing, wheezing, chest tightness or pain, nausea, or unusual fatigue or lightheadedness

Pay attention to local air quality reports and find current information at Tuolumne County Air Pollution Control website:
<http://www.co.tuolumne.ca.us/index.aspx?NID=364>

THOSE AT GREATER RISK

Older adults

Children

Pregnant women

People with heart or lung disease

IF YOU SEE ASH

Do not allow children to play in ash or with toys soiled with ash.

Clean ash off of pets.

Avoid skin contact—wear gloves, long sleeved shirts, and long pants.

Wash any ash off your skin ASAP.

Thoroughly wash your garden fruits and vegetables before eating them.

Use caution when cleaning up ash.

Well-fitting dust masks may provide some protection during cleanup only.

Use a damp cloth or wet mop on lightly dusted areas.

Do not use leaf blowers or shop vacs as they will blow small exhaust particles into the air. Vacuums with HEPA filters can be used.

Gently sweep hard surfaces followed by wet mopping.

Dispose of ash in the regular trash.

MORE INFORMATION

www.calfire.ca.gov

www.cdc.gov/features/wildfires

www.tuolumnecounty.ca.gov

Tuolumne County Public Health
on Facebook & Twitter

