

Free CME, CNE, and CEU for Health Professionals

# Wildfire Smoke and Your Patients' Health

Wildfires are increasing in size and intensity, a trend that is expected to continue.

Learn about the health effects associated with wildfire smoke and steps patients should take before and during a wildfire to reduce smoke exposure.

Reducing smoke exposure is especially important for people with respiratory or cardiovascular disease, older adults, and children.



[www.epa.gov/wildfire-smoke-course](http://www.epa.gov/wildfire-smoke-course)

Use the Air Quality Index to know when to reduce your exposure.

**Good**

0-50

**Moderate**

51-100

**Unhealthy for Sensitive Groups**

101-150

**Unhealthy**

151-200

**Very Unhealthy**

201-300

**Hazardous**

301+

## Effects of Short-Term Smoke Exposure

Irritation of the eyes and respiratory tract

### Respiratory symptoms

- Coughing
- Phlegm
- Wheezing
- Difficulty breathing

### Respiratory effects

- Bronchitis
- Reduced lung function
- Increased aggravation of asthma and other lung diseases
- Increased emergency room visits and hospital admissions

### Cardiovascular effects

- Heart failure
- Heart attack
- Stroke
- Increased emergency room visits and hospital admissions

**Increased risk of premature death**