

# WILDFIRE SMOKE FACT SHEET

The Haywood County Health and Human Services is advising residents and visitors to be aware of the possibility of smoke from fires in our mountain region

## SOME PEOPLE ARE MORE SUSCEPTIBLE THAN OTHERS:

Most healthy adults and children will not experience ill effects from smoke exposure. Certain sensitive populations may experience more symptoms from smoke exposure. Sensitive populations may include:

- Individuals with asthma or other respiratory disease
- Individuals with chronic obstructive pulmonary disease (COPD)
- Individuals with airway hyper-responsiveness
- Individuals with cardiovascular disease
- Elderly
- Children
- Pregnant Women
- Smokers

## WHEN SMOKE IS PRESENT TO THE POINT OF LIMITING VISIBILITY:

- Pay attention to local weather and news reports. Information on the fire can be found at: <http://inciweb.nwcg.gov/>
- Try to stay inside with windows and doors shut.
- Use the recycle or re-circulate mode on the air conditioner in your home or car.
- Limit physical exertion outdoors.
- Asthmatics should follow their asthma management plan.
- Keep at least a five-day supply of medication on hand.
- Contact your doctor if you have symptoms such as chest pain, chest tightness, shortness of breath, or severe fatigue.
- Keep airways moist by drinking lots of water.

## AIR QUALITY GUIDE

### Green-Good

- No health impacts are expected

### Yellow-Moderate

- **Unusually sensitive people should consider limiting prolonged outdoor exertion**

### Orange-Unhealthy for Sensitive Groups

- **Active children and adults, people with respiratory diseases such as asthma, and people with heart disease should limit prolonged outdoor exertion**

### Red-Unhealthy

- **Active children and adults, people with respiratory diseases such as asthma, and people with heart disease should limit prolonged outdoor exertion; everyone else, especially children should limit prolonged outdoor exertion**

### Purple-Very Unhealthy

- **Everyone should avoid all outdoor exertion**

North Carolina Air Quality Forecasts and information can be found at: [www.ncair.org](http://www.ncair.org) / 1-888-RU4NCAIR (1-888-784-6224)

Source: Ammann, H., Blaisdell, R., Lipsett, M., Stone, S., & Therriault, S. (2001). Wildfire smoke: a guide for public health officials. Seattle, WA: University of Washington.



## For More Information:

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[www.http://haywoodnc.net/](http://haywoodnc.net/)