# **IMPACTS OF** WILDFIRE SMOKE



PARTICULATE MATTER (PM)
A complex mixture of extremely small particles made up of a number of components, including wildfire smoke, metals, dust and soot

#### How small?

**HUMAN HAIR** = 50-70 μm  $(\mu m = microns in diameter)$ 





## UNHEALTHY LEVELS OF PM

The Valley's topography and stagnant, dry winters traps pollution under the inversion layer

What clears PM pollution?







**CALIFORNIA IS AT RISK** FOR SEVERE AND INTENSE WILDFIRES

### PM HARMS OUR HEALTH

It can trigger or worsen health conditions

**Lung Infections Asthma Attacks** COPD **Acute Bronchitis** Stroke **Heart Attacks** COVID-19 **Dementia** 





# **HOW CAN YOU PROTECT YOURSELF & OTHERS?**



STAY INDOORS IF YOU SEE OR SMELL SMOKE





#### **FACE MASKS**

SOME MASKS MORE EFFECTIVE THAN OTHERS, CHECK WITH YOUR HEALTH CARE PROVIDER



#### DO CONSULT YOUR DOCTOR

IF YOU ARE EXPERIENCING HEALTH IMPACTS DUE TO POOR AIR QUALITY

www.valleyair.org/wildfires