Wildfire Smoke and Health Infographic



Wildfire season typically runs from early April to late October. As wildfire burns through forests and grasslands, it produces dense smoke that can be a major source of toxic air pollutants. This pollution contains fine particles (that are not visible to the human eye) that penetrate deep into our lungs and bloodstream, sometimes leading to serious health effects. Those at greater risk of these effects are:

- small children
- pregnant women
- elderly
- people with lung or heart conditions
- people involved in strenuous outdoor work or sports

Wildfire Smoke & Health

Smoke is an air pollutant

Mostly particles, but also:

NO_x

CO

Hydrocarbons

Use common sense to protect health



Limit time outdoors & avoid outdoor exercise



People with heart or lung isues should be especially careful



Call your doctor if you have symptoms: coughing, wheezing, chest pain, or nausea



Stay hydrated & get enough sleep



Keep windows closed, unless it's very hot



Run AC with fresh air intake closed & the filter clean



Turn off your whole house fan



Avoid skin contact with ash



Don't stir up ash

Fires inside or outside the county can send smoke and ash into our air



However, visible smoke plumes don't always mean that ground-level air quality is affected

Find hourly air quality readings



OurAir.org

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Santa Barbara County Air Pollution Control District

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