

SMOKE FROM FOREST FIRES Health Information



Smoke conditions and local air pollution levels can change due to the unpredictable nature of the fires. Here is some helpful information for reducing your exposure to and the effects from smoke from forest fires:

- Use common sense regarding outdoor physical activity – if your breathing becomes difficult or uncomfortable, stop or reduce the activity. Stay cool and drink plenty of fluids.
- Keep in mind that staying indoors may help you stay cool and provide some relief from the smoke, however many air conditioning systems do not filter the air completely or improve indoor air quality.
- You may be able to reduce your exposure to smoke by moving to cleaner air. Conditions can vary dramatically by area and elevation.
- Individuals with heart or lung conditions may be more sensitive to the effects of smoke from forest fires. These individuals should watch for any change in symptoms that may be due to smoke exposure. If any changes are noted you may wish to contact your physician or visit a walk-in clinic.
- Residents with asthma or other chronic illness should activate their asthma or personal care plan.
- People with severe symptoms from smoke exposure should present themselves to the nearest emergency department.

For more information call the BC Nurse Line
Available 24 Hours Toll Free 1-866-215-4700
For deaf and hearing impaired: 1-866-TTY-4700