

WILDFIRE SMOKE

Wildfire smoke affects people differently and is unhealthy to breathe in. It is especially dangerous for children, the elderly, pregnant women, and those with heart or lung diseases, such as asthma. Smoke can cause increased coughing, throat irritation, headaches and shortness of breath.



Common Signs

- Sore throat
- Irritated eyes
- Runny nose
- Mild cough
- Coughing up thick phlegm
- Headaches
- Wheezy breathing

More Severe Signs

- Shortness of breath
- Severe cough
- Dizziness
- Fast heartbeat
- Chest pains

REDUCE EXPOSURE to wildfire smoke to protect your health

Especially, if you have lung or heart trouble, are elderly, pregnant, or very young.

During wildfire smoke events you should do the following:

- Stay indoors during times that there is smoke
- Limit outdoor and strenuous physical activities as much as possible



- Care for others
- Check on Elders, those who live alone and those in your care



- Drink plenty of water
- Offer water to others in your care



- Listen to local area radio or TV stations for the latest information and updates



- Keep doors and windows closed
- If cooling is needed, use a fan or, if available, air-conditioning



- If able, move to a location with cleaner air, possibly a fresh air shelter within the community



Seek medical attention if you have any of the following symptoms:

- shortness of breath
- severe cough
- dizziness
- chest pain
- fast heartbeat

Especially if you have problems with your heart or lungs.

If you have concerns about your health or the health of person in your care, please talk to your Community Health Nurse or Doctor. You can also call the Healthline at 811 anytime of the day or night.



For more information call
FHQ Health Services
306-332-8241
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