

April to October is wildfire season

Find more information on how to stay healthy during wildfire season, visit UC Davis Comprehensive Chronic Obstructive Pulmonary Disease Clinic web page under Wildfire Health Advisory.

<https://health.ucdavis.edu/internal-medicine/pulmonary/resources/wildfire-health-info>



Materials available in English, Chinese, Russian, and Spanish.

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Comprehensive Chronic Obstructive
Pulmonary Disease (COPD) Clinic



**Comprehensive Chronic Obstructive
Pulmonary Disease (COPD) Clinic**

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<https://health.ucdavis.edu/internal-medicine/pulmonary/>

Wildfire Season Preparedness



Wildfire Smoke Patient Education

Inhaling smoke can pose significant risks to those with pre-existing lung conditions (such as asthma, COPD, and pulmonary fibrosis), heart disease, diabetes and individuals who are immunocompromised or taking drugs that suppress the immune system. Also at risk are pregnant women, outdoor workers, those experiencing homelessness and those under 18 and over 65.

Wildfire smoke exposure can cause inflammation to the airways and lungs. If you are exposed to wildfire smoke, monitor for warning signs of a respiratory exacerbation (flare up).

Common signs and symptoms of a respiratory exacerbation may be as follows:

- Increased difficulty breathing, even at rest
- Increased wheezing, coughing and mucous production (thick, sticky, yellow/green)
- Chest tightness
- Increase in fatigue, lack of energy, irritability
- Increase in breathing rate and/or heart rate
- Skin tone changes (ashen or blue)

It is important to note that poor air quality is harmful to your health and should be avoided whenever possible. Take extra caution and consult your healthcare provider regarding specific precautionary

How to avoid smoke exposure

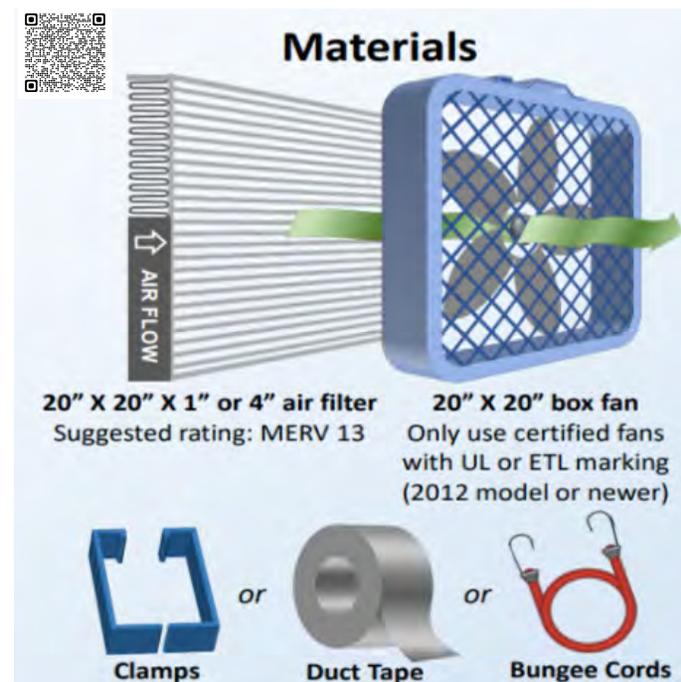
- Stay indoors with windows and doors closed.
- Use central air conditioner/heat or set to fan mode to filter indoor air.
- Limit strenuous physical activity.
- Reduce other sources of indoor air pollution (cigarette smoke, wood burning stove, frying food)
- Use air purifiers with HEPA filters and create a clean room in your home.
- When traveling in a vehicle, keep windows closed and set air to recirculate.
- Wear an N95 mask or higher if you must go outside.

In the event of an evacuation, be certain to pack your respiratory supplies as follows:

- ✓ Daily respiratory medications (inhalers with spacer, nebulized medications and nebulizer.)
- ✓ Airway clearance devices (flutter valve, vest)
- ✓ Portable oxygen concentrator
- ✓ CPAP or BIPAP
- ✓ Asthma or COPD Action Plan

How to create a DIY air cleaner

1. Attach the air filter to the back of the box fan using either clamps, duct tape or bungee cords.
2. Check the air filter for the direction of the air flow (marked on the side of the filter).
3. Replace filters when dirty.



Additional Resources

CDC recommendations:
How to use your N95
<https://www.cdc.gov/niosh/topics/publicppe/use.html>

Air quality data in your area: <https://airnow.gov>

