Exposure to smoke from fires can cause or worsen health problems. KNOW THE SYMPTOMS

If you have a **health condition**, smoke from fires may worsen your symptoms. When smoke levels are high, even healthy people can have symptoms or health problems.

Symptoms can range from minor irritations to life-threating complications, including:

Health conditions can include:

- Asthma
- COPD
- Diabetes
- Heart or lung diseases
- Respiratory illnesses
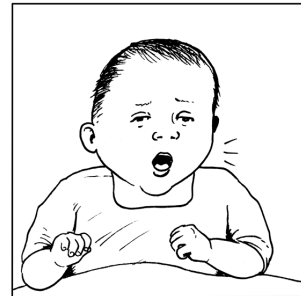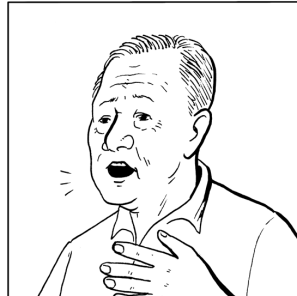- Colds
- Strokes survivors

sore throat

headaches

burning eyes

coughing

wheezing

shortness of breath

chest pain

If you have any minor irritations take steps to protect your health. Limit your time spent outdoors, avoid strenuous activities and keep indoor air clean

Dial 911 for emergency assistance if symptoms are serious like shortness of breath or chest pain.

For more information on how to stay healthy and safe, visit the Washington State Department of Health Smoke From Fires page:

www.doh.wa.gov/SmokeFromFires

Washington State Department of *Health*

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