

Protecting Students from Wildfire Smoke



Yolo County Schools Air Quality Guidance



Wildfire smoke is a complex mix of gases and fine particles produced when wood and other materials burn. These microscopic particles can penetrate deep into your lungs. Smoke and small particles from wildfires can cause a range of health problems, from burning eyes and a runny nose to difficulty breathing and irregular heartbeat, chest pain or fatigue. **The best thing to do is limit your exposure to smoke.**

How Smoke Affects Your Body

When smoke levels are high, even healthy kids can experience symptoms, including:

- Burning eyes
- Coughing
- Nausea
- Runny nose
- Trouble breathing
- Fast heartbeat
- Irritated sinuses
- Headaches
- Asthma attack

Once exposure to smoke stops, symptoms usually diminish, but may last for a few days. People experiencing more serious symptoms should seek immediate medical help.

Who's At Risk?

Children are especially at risk for health effects from exposure to wildfire smoke and ash, mostly because their lungs are still growing. Groups who are sensitive to air pollution include:



Infants and children



Asthmatics



Pregnant women



Older adults



People with heart or lung disease

When It's Smoky Outside...

- **Stay indoors.**
Keep windows and doors shut.
- **Limit outdoor activity, especially exercise.**
- **Run your air conditioner.**
- **Drink plenty of water.**
- **Pay attention to local air quality reports.**
Go to www.ysaqmd.org.
- **Keep indoor air clean.**
Avoid smoking, burning candles, frying foods or vacuuming.
- **Use a HEPA air purifier.**
See a list of recommended devices at www.arb.ca.gov.
- **Temporarily leave the area.**



YOLO-SOLANO
AIR QUALITY MANAGEMENT DISTRICT

For more info, visit Yolo-Solano Air Quality Management District at www.ysaqmd.org