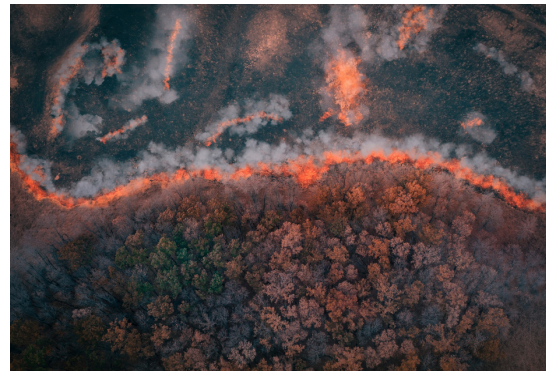




Wildfire Smoke Events

Climate change is causing increased droughts, extreme heat, and pest damage in forests across North America, leading to more extreme wildfires. Smoke from wildfires, even thousands of miles away, may cause poor air quality in Massachusetts.

This poor air quality can make allergies worse and cause respiratory infections especially for people with heart disease, asthma, and other lung diseases.



Who is at higher risk?

Some people may be more at risk during a wildfire smoke event because of where they live, their access to official government information, availability of resources to prepare and respond, and whether they already have health problems. These people include:

- Children under 5 and people over 65
- Pregnant people
- People of color due to systemic racism
- People who speak little or no English who may not receive emergency messages in their native language
- People with disabilities
- People with pre-existing medical conditions such as heart disease, asthma, lung diseases and respiratory allergies
- People that work or exercise outdoors

What can we do about it?

- Talk to your doctor about using asthma medications during a wildfire smoke event
- [Stay up to date on local air quality information and air quality alerts in your community](#)
- Plan to move outdoor activities indoors during wildfire smoke events
- Close windows and vents in homes and vehicles during wildfire smoke events
- Use high-efficiency (HEPA) air filters in heating and cooling systems
- [Learn how to create a clean air room in your home using a box fan](#)
- Have a supply of N95 masks, learn how to use them and practice having your child wear small N95 or surgical masks

