



Promoting Quality Health through Community Education, Planning and Partnerships

Wildfires and Air Quality

Several wildfires have ignited throughout the state including several in neighboring jurisdictions. With these fires, smoky conditions are to be expected in areas of Navajo County. Please refer to the following information for tips to assist when these conditions exist due to prescribed burns.

Particulate matter is a component of smoke from fires and consists of fine particles such as soot and ash that can reach deep into the lungs and may contain irritating and toxic compounds. Some of the symptoms related to smoke exposure from fires include:

- Eye, nose, mouth and/or throat irritation;
- Coughing;
- Trouble breathing;
- Tightness of the chest; and/or
- The onset of symptoms related to pre-existing respiratory ailments like asthma or emphysema.

If the smoke from wildfires is affecting you and your family, consider some of the following actions:

- If you smell smoke and/or are beginning to experience symptoms, consider temporarily locating to another area.
- Move indoors and remain inside with doors and windows closed.
- Run the air conditioning, with the fan feature on your home heating system turned off. The filtration units on home systems can provide some benefit.
- Run room air filtration appliances.
- Reduce your physical activity level. Do not exercise.
- **If symptoms persist or become severe, please contact your primary health care provider - even persons considered healthy can experience symptoms when exposed to smoke from fires!**

There are a few population groups considered especially at risk from exposure to smoke.

- Elderly persons
- Young children (especially children 7 and under)
- Individuals with pre-existing health conditions such as asthma, emphysema, and cardiovascular disease; to include those individuals experiencing cold or flu symptoms.

Should new information become available it will be posted on 311info.net and the Navajo County Emergency Management & Preparedness Facebook page.

To follow information from the particulate monitors, please visit the Arizona Department of Environmental Quality's website at <http://www.phoenixvis.net/PPMmain.aspx>