

Montana Health Alert Network

DPHHS HAN

ADVISORY

Cover Sheet

DATE

July 6, 2023

SUBJECT

Wildfire Smoke Exposure Poses Threat to At-Risk Populations

INSTRUCTIONS

DISTRIBUTE to your local HAN contacts. This HAN is intended for general sharing of information.

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contact:

DPHHS CDPHP

Epidemiology Section
1-406-444-9155

For technical issues related to the HAN message contact the Emergency Preparedness Section at 1-406-444-0919

DPHHS HAN Website:

<https://dphhs.mt.gov/publichealth/han>

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Categories of Health Alert Messages:

Health Alert: conveys the highest level of importance; warrants immediate action or attention.

Health Advisory: provides important information for a specific incident or situation; may not require immediate action.

Health Update: provides updated information regarding an incident or situation; unlikely to require immediate action.

Information Service: passes along low level priority messages that do not fit other HAN categories and are for informational purposes only.

Please update your HAN contact information on the Montana Public Health Directory

DPHHS HAN

Information Sheet



DATE

July 6, 2023

SUBJECT

Wildfire Smoke Exposure Poses Threat to At-Risk Populations

BACKGROUND

SEE Center for Disease Control and Prevention (CDC) HAN 495

INFORMATION

The CDC HAN summarizes the adverse health effects of wildfire smoke exposure and offers management strategies for clinicians, public health authorities, and the public when wildfires impact air quality.

RECOMMENDATIONS

- For information about how to protect your patients' health during wildfire season, go to: <https://dphhs.mt.gov/airquality>. This site includes several resources like an [Outdoor Activity Guideline based on Air Quality](#) chart and guidance for [HEPA air Purifiers](#). The Outdoor Activity Guidelines are based on the amount of time spent outdoors in different levels of air quality, from good to hazardous. Instructions on how to use the guidelines and read the Today's Air website can be found on the back of this resource. This summer, Montana Department of Environmental Quality (DEQ) will post smoke forecasts during times when smoke is causing air quality impacts. The forecasts will be posted to DEQ's Facebook account ([@MTDEQ](#)) and can be viewed on: [Todaysair.mtdeq.us](https://deq.mt.gov/air/Programs/smokeforecasts) by clicking on the "Montana Smoke Forecasts" link. Clinicians and patients can also subscribe to receive smoke forecasts via email or text by visiting: <https://deq.mt.gov/air/Programs/smokeforecasts>
- Before heading outside for any physical activity, patients should check for air quality updates and pay attention to any air quality advisories. Air quality information is updated regularly at: [Todaysair.mtdeq.us](https://deq.mt.gov/air/Programs/smokeforecasts). When poor air quality occurs, continue to monitor DEQ's site for changes in air quality.
- The CDC HAN offers strategies for clinicians counseling specific populations to avoid or reduce smoke exposure during times of poor air quality, one of which discusses the use of N95 respirators. An N95 respirator offers protection against wildfire smoke particulate matter when worn correctly to achieve a proper fit and seal. However, the use of filtering facepiece respirators can cause breathing issues for some individuals. For this reason, individuals with pre-existing medical conditions, such as heart or lung disease, should consult with their healthcare provider prior to respirator use. N95 masks are not sized for children.

This is an official **CDC HEALTH ADVISORY**

Distributed via the CDC Health Alert Network
June 30, 2023, 1:30 PM ET
CDCHAN-00495

Wildfire Smoke Exposure Poses Threat to At-Risk Populations

Summary

The Centers for Disease Control and Prevention (CDC) is reminding healthcare professionals seeing patients affected by wildfire smoke to be alert to the possible [adverse effects of smoke exposure](#), particularly among individuals at higher risk of severe outcomes. The acute [signs and symptoms](#) of smoke exposure can include headache, eye and mucous membrane irritation, dyspnea (trouble breathing), cough, wheezing, chest pain, palpitations, and fatigue. Wildfire smoke exposure may exacerbate respiratory, metabolic, and cardiovascular chronic conditions like asthma, chronic obstructive pulmonary disease (COPD), and congestive heart failure.

Background

Climate change is increasing the vulnerability of many forests to wildfires and is also projected to increase the frequency of wildfires in certain regions of the United States. Wildfires produce high volumes of smoke each year, leading to unhealthy air quality levels, sometimes hundreds of miles away from the fire. Wildfire smoke is a mix of gases and fine particles from burning trees, plants, buildings, and other material. Patients who are very near the fire source may have smoke inhalation injury, which is caused by thermal (superheated gases), chemical (e.g., particulate matter and other irritants), and toxic (e.g., carbon monoxide, cyanide) effects of the products of combustion.

Wildfire smoke can affect people even if they are not near the fire source, due to exposure to particles of PM_{2.5}, which are inhalable air pollutants with aerodynamic diameter ≤ 2.5 microns.

Individuals especially at risk after exposure to wildfire smoke include people with:

- asthma,
- COPD, or
- cardiovascular disease (e.g., ischemic heart disease, congestive heart failure)

Children, older adults, or those who are pregnant are also especially at risk for severe outcomes.

Medical management consists of carefully assessing signs and symptoms, providing supportive and symptomatic care for smoke exposure, and treating possible existing respiratory and cardiovascular illness. Increased emergency department visits for respiratory and cardiovascular conditions can occur during the days immediately following wildfire smoke exposure, with increases in associated morbidity and mortality.

Appropriate and prompt treatment is crucial to reduce morbidity from wildfire smoke exposure. Counseling patients on protective measures, including being aware of current and predicted air quality levels, staying indoors, [using air filtration](#), and [using properly fitted N95 respirators when outdoors](#) is also important for mitigating adverse effects.

Recommendations for Clinicians

- For patients who are very near the fire source who may have burns and/or smoke inhalation injury, follow [Advanced Trauma Life Support \(ATLS\) guidelines](#) and consult your [regional burn center](#)

- Consider smoke exposure in patients who live in wildfire smoke-affected areas identified on [AirNow](#) presenting with any of the signs and symptoms noted above, paying particular attention to those at higher risk of developing complications. Treatment is supportive and based on clinical presentation.
- Monitor healthcare capacity closely and plan for a possible increase in patient visits due to asthma, COPD, and metabolic and cardiovascular disease exacerbations.
- Proactively counsel patients on strategies to avoid or reduce smoke exposure, especially among individuals with asthma, COPD, or cardiovascular disease, children, older adults, and those who are pregnant. These strategies include, during times of [poor air quality](#):
 - Staying indoors, including closing windows and doors, and [using HVAC systems effectively](#) to minimize exposure to wildfire smoke.
 - Preventing further indoor air pollution by not smoking or using candles, gas, or aerosol sprays; not frying or broiling meat; and not vacuuming.
 - Staying aware of current and predicted local air quality conditions using [AirNow](#) or other tools.
 - Using a portable air cleaner or [creating a cleaner air room in the home](#).
 - Going to a designated cleaner air shelter (such as a school gymnasium, buildings at public fairgrounds, or a civic auditorium) during times of poor air quality.
 - [Selecting and using an N95 respirator](#) when it is not possible to avoid exposure to wildfire smoke.
- Advise patients at higher risk for severe outcomes to monitor their symptoms more closely and ensure that their medication prescriptions are up-to-date and available.

Recommendations for Public Health Authorities

- Identify public places that can be used as [clean air shelters](#).
- Relay information about local air quality to the public so people can make decisions about how to protect their health. Include approaches to reach members of [at-risk populations](#).
- Use [activity guidance](#) to support decisions to postpone, relocate, or cancel outdoor activities and events.
- Advise the public about staying safe while [cleaning up ash](#).
- Assess for a possible healthcare utilization surge related to wildfire smoke exposure.
- For additional guidance and strategies, please refer to [Wildfire Smoke: A Guide for Public Health Officials](#).

Recommendations for the Public

- Stay indoors and keep smoke outside by following the strategies outlined above.
- Limit your time outdoors. If you must go outside when smoke is visible or can be smelled, reduce your smoke exposure by wearing an N95 or P100 [respirator](#).
- Keep track of smoke near you using AirNow's "[Fire and Smoke Map](#)" or the AirNow app or by listening to the [Emergency Alert System \(EAS\)](#) and National Oceanic and Atmospheric Administration ([NOAA Weather Radio](#)).
- Call your regional poison center if you have questions about wildfire smoke exposure (1-800-222-1222).
- If you have a medical condition like asthma, COPD, or metabolic and cardiovascular disease that puts you at risk for a severe outcome from wildfire smoke exposure, monitor your symptoms, seek medical care when needed, and ensure that your prescriptions are up-to-date and that you have an adequate supply on hand.

For More Information

- [CDC Wildfires](#)
- [CDC Community Respirators and Masks](#)

- CDC Climate Effects on Health: [Wildfires](#)
- [Wildfire Smoke and Your Patients' Health](#) (web-based training for clinicians)
- [Cascio WE. Wildland fire smoke and human health. *Sci Total Environ.* 2018 May 15;624:586-595. doi: 10.1016/j.scitotenv.2017.12.086. Epub 2017 Dec 27. PMID: 29272827; PMCID: PMC6697173.](#)
- [Directory of Local Health Departments - NACCHO](#)
- CDC Wildfire Smoke [Guidance for Public Health Officials & Professionals](#)
- CDC Data Tool for Planning: [National Environmental Public Health Tracking Network](#) (Wildfires)

The Centers for Disease Control and Prevention (CDC) protects people's health and safety by preventing and controlling diseases and injuries; enhances health decisions by providing credible information on critical health issues; and promotes healthy living through strong partnerships with local, national, and international organizations.

Categories of Health Alert Network messages

Health Alert	Requires immediate action or attention. Conveys the highest level of importance about a public health event.
Health Advisory	Requires immediate action. Provides important information about a public health event.
Health Update	May require immediate action. Provides updated information about a public health event.