

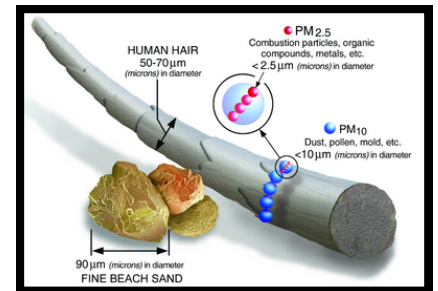
# Wildfire Smoke & Your Health

## Protecting Yourself Indoors

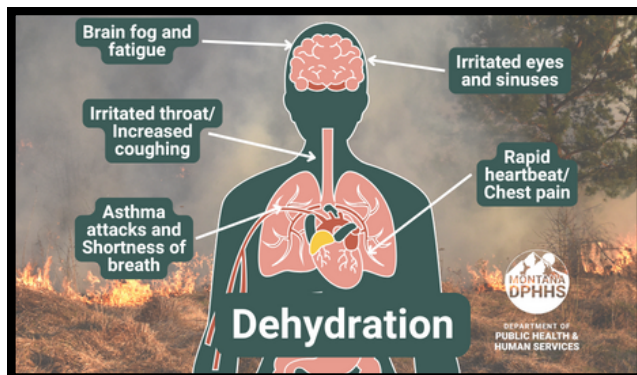


### Why do we worry about indoor air and wildfire smoke?

Wildfire smoke contains particulate matter that is four times smaller and up to ten times more toxic than other pollution. These tiny particles enter our homes and commercial buildings through open doors and windows, HVAC systems, and poorly sealed homes. They then travel into our lungs and in high quantities, can enter the bloodstream. This is harmful to all of us, but can be dangerous (and in some cases, deadly) to those with lung or heart conditions or those who are pregnant, children, or senior citizens.



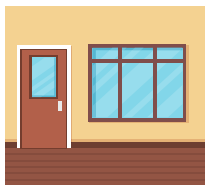
### Symptoms of Smoke Exposure



Wildfire smoke exposure may increase the risk of respiratory infections like bronchitis and pneumonia. Persons with lung or heart conditions should keep their rescue medication stocked and available. Closely monitor those who are more vulnerable and seek medical attention if symptoms become more noticeable.

### Protecting Your Indoor Air

During a smoke event, the air inside can become as unhealthy as the air outside. These strategies protect the air in your home, community buildings, and businesses.



Keep doors and windows closed. Open at night to cool home if necessary



Avoid stovetop cooking, candle burning and smoking indoors



Use a HEPA air purifier or a DIY filter



Seal cracks in doors and windows



Change A/C setting to recirculate

For more information visit [AirQuality.mt.gov](https://AirQuality.mt.gov)