WHAT TO KNOW ABOUT WILDFIRE SMOKE AND YOUNG CHILDREN

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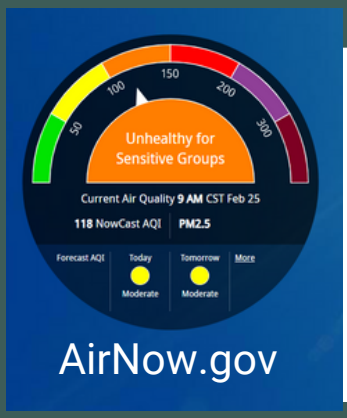
DEPARTMENT OF PUBLIC HEALTH & HUMAN SERVICES

1

Health Risks of Wildfire Smoke are Greater in Children

Wildfire smoke is more dangerous to children because their lungs are still developing, they breathe more quickly, and generally, spend more time outdoors.

In addition, children may have an underlying chronic disease that hasn't been diagnosed yet.



2

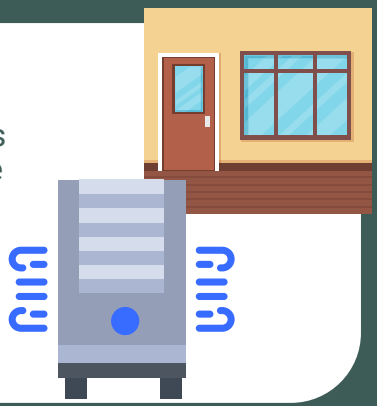
Limit Time Spent Outdoors When the Air Quality Index Exceeds 100

The EPA Air Quality Activity Guidelines recommend that young children are not outside longer than 15-minute intervals during a smoke event. Use a local air quality monitoring site to know when the air quality improves.

3

Protect Your Indoor Air

Studies show that indoor air can become as unhealthy as outdoor air in a wildfire smoke event. Keep doors and windows closed and use a HEPA air cleaner or DIY box fan filter in the room where your children spend the most time. For more tips, visit *dphhs.mt.gov/AirQuality/SmokefromFires*.



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Other Steps You Can Take During a Smoke Event

- Drink plenty of water. Keeping hydrated helps to remove wildfire smoke toxins from the blood.
- Encourage sleep. Place a HEPA air cleaner in the sleeping area, if possible.
- Serve fruits and leafy vegetables to help with inflammation.

For more information, visit AirQuality.mt.gov