

Smoke Ready Toolbox for Wildfires

epa.gov/air-research/smoke-ready-toolbox-wildfires



Airnow.gov: Current Fire Conditions

Get current air quality conditions and learn what to do to protect your health from air pollution, including smoke from wildland fires. Airnow.gov provides local air quality forecasts using EPA's science-based air quality index. https://airnow.gov/index.cfm?action=topics.smoke_wildfires



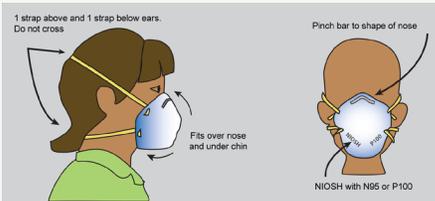
How Smoke From Fires Can Affect Your Health

Learn who is more at risk from smoke, how to tell if it is affecting you, and steps you can take to protect your health. Learn what to do before, during and after a wildfire. <https://airnow.gov/index.cfm?action=smoke.index>



Wildfire Smoke: A Guide for Public Health Officials

The guide is an easy-to-use resource that outlines whose health is most affected by wildfire smoke, how to reduce exposure to smoke, what public health actions are recommended, and how to communicate air quality to the public. The recommendations are based on science conducted by EPA and others. https://www3.epa.gov/airnow/wildfire_may2016.pdf



Wildfire Smoke Exposure Infographics

Two infographics provide information on actions to take to reduce health risks from smoke exposure in areas with wildfire smoke and what respirator (mask) to wear if you have to go outside and how to wear it properly. https://www3.epa.gov/airnow/smoke_fires/reduce-health-risks-with-wildfire-smoke.pdf and <https://airnow.gov/static/topics/images/epa-infographic-respirator.jpg>



Smoke Sense App

The Smoke Sense mobile app, developed by EPA researchers, enables you to get information on air quality and learn how to protect your health from wildland fire smoke. The app is being used in a citizen science study to determine how smoke from fires impacts public health. The app is available for anyone to use and can be downloaded on Android or iOS. www.epa.gov/air-research/smoke-sense



Particle Pollution and Your Patients' Health Course

Particle pollution, also known as particulate matter or PM, is the main component of haze, smoke, and dust. This course provides health professionals with knowledge they can share with patients to help reduce overall risk of PM-related health effects, particularly in individuals with heart and lung disease. www.epa.gov/pmcourse



Online Healthy Heart Toolkit

Breathing in fine particulate matter (PM_{2.5}) can trigger heart attacks, ischemic stroke, abnormal heart rhythms and worsen heart failure in people with cardiovascular disease or older adults with medical conditions that put them at risk. Particle pollution is a main component of smoke. Use the toolkit to protect your heart. <https://www.epa.gov/air-research/healthy-heart-toolkit-and-research>