Exposure to smoke from fires can cause or worsen health problems. **KNOW THE SYMPTOMS**

If you have a **health condition**, smoke from fires may worsen your symptoms. When smoke levels are high, even healthy people can have symptoms or health problems.

Symptoms can range from minor irritations to life-threatening complications, including:

- Sore throat
- Headaches
- Burning eyes
- Coughing
- Wheezing
- Shortness of breath
- Chest pain

Health conditions can include:
- Asthma
- COPD
- Diabetes
- Heart or lung diseases
- Respiratory illnesses
- Colds
- Stroke survivors

If you have any minor irritations take steps to protect your health. Limit your time spent outdoors, avoid strenuous activities and keep indoor air clean.

**Dial 911 for emergency assistance if symptoms are serious like shortness of breath or chest pain.**

For more information on how to stay healthy and safe, visit the Washington State Department of Health Smoke From Fires page:

[www.doh.wa.gov/SmokeFromFires](http://www.doh.wa.gov/SmokeFromFires)

DOH is committed to providing customers with forms and publications in appropriate alternate formats. Requests can be made by calling 800-525-0127 or by email at civil.rights@doh.wa.gov. TTY users dial 711.