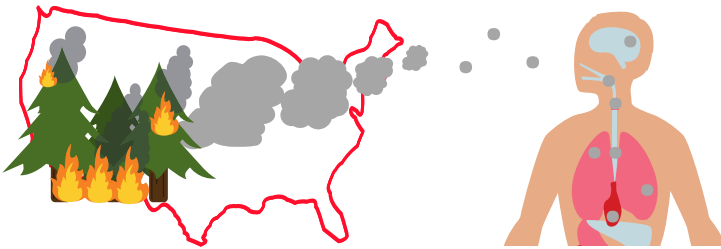


# WILDFIRES

## & Children





### What is wildfire smoke?

Wildfire smoke contains a mix of air pollutants like  $PM_{2.5}$  and ozone. It can travel thousands of miles.



- $PM_{2.5}$  is a particle sized 2.5 microns (30 times smaller than a strand of hair).
- Its size lets it easily enter the lungs.
- Inflammation in the lungs from these particles affects other organs, like the heart and brain.

### How can smoke affect children?

-  Increase rates of childhood pneumonia
-  Increase lifetime exposure to carcinogens, such as some components of  $PM_{2.5}$
-  Increase emotional stress
-  May have effects on the brain, such as being associated with Attention Deficit Hyperactivity Disorder (ADHD), school performance, and memory

Want to learn  
more?



UC Wildfire  
Education Hub

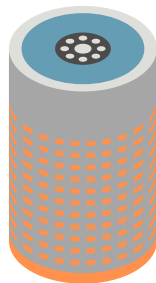


Masking tips  
for children

### How can children stay safe?



Talk with your child's doctor about their related health conditions.



Stay indoors and use an air purifier with a HEPA filter.



Check Air Quality Index (AQI) at AirNow.gov before going outside.



If they do go outside, have them wear a tight-fitting mask (ideally an N95).