



FOR IMMEDIATE RELEASE

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For Immediate Release

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HEALTH DEPARTMENT WARNS OF RISKS ASSOCIATED WITH WILDFIRE SMOKE

Collier – The Collier County Health Department cautions residents and visitors that wildfire smoke is a respiratory irritant that can cause scratchy throat or irritated eyes and nose. Smoke can also worsen conditions such as asthma and other chronic respiratory or lung conditions and heart disease. People with lung disease may not be able to breathe as deeply or as vigorously as usual, and they experience discomfort, wheezing and shortness of breath. People with heart disease might experience shortness of breath, chest pain or fatigue. Young children are especially sensitive to smoke because their lungs are still developing and their respiratory rates are higher than adults, hence they inhale more air per pound of body weight.

How to protect your family from smoke:

Continue to pay attention to local air quality reports, news coverage or health warnings related to smoke.

Use common sense when outside conditions are smoky. Avoid outdoor activities. It is especially important to limit time spent outdoors for children and persons with existing medical conditions.

Stay indoors and run your air conditioner and make sure your filter is clean. In commercial buildings keep the fresh air intake closed to prevent bringing additional smoke inside.

Note: If you do not have an air conditioner, staying inside with the windows closed may be dangerous in extremely hot weather. In these cases, seek alternative shelter with family or friends.

Follow your doctor's advice about taking medicines and following your asthma and cardiac management plans if you have asthma, lung or cardiac disease. Call your doctor if your symptoms worsen.

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