

## Forest Fires and Lung Health

Forest fires are often a concern in Saskatchewan, especially during dry, hot summers. People all over Saskatchewan may be affected by the smoke from the forest fires and it is advised that everyone take measures to avoid smoke as much as possible. The health effects from smoke can range from mild to severe and can even be life threatening.

If you have a lung disease such as Asthma or Chronic Obstructive Pulmonary Disorder (COPD), you are especially at risk. You may experience worsening symptoms such as:

- Shortness of breath
- Very rapid breathing
- Cough
- Wheeze
- Tightness of chest
- Increased mucus production
- Blue lips or fingers

**If you or someone you know is experiencing an asthma or COPD attack, Call 911. Do not drive yourself to the emergency room and take your fast acting (rescue) inhaler.**

General Recommendations for everyone to avoid forest fire smoke:

- Remain indoors and refrain from exercising outdoors
- Use air conditioners on the recirculation setting so outside air will not be moved inside
- Take extra precaution with children and older adults
- Make sure medications are filled and up to date. Everyone with Asthma or COPD should have a fast acting (rescue) inhaler with them at all times.
- Pay attention to air quality reports on your local news channel or website