Monitor Your Health for Smoke Exposure

During fire season in Central Oregon, it's important to protect your health from smoke exposure. If you have been exposed to wildfire or prescribed burn smoke, monitor your health for the following symptoms:

☐ **Headaches.**

☐ **Eye, nose and throat irritation.** This is usually caused by particulate matter 10 micrometers in size or smaller.

☐ **Wheezing, coughing or excess phlegm, scratchy throat or sinuses.**

☐ **Burning, redness, tearing/watering or dry eyes.**

☐ **Shortness of breath, asthma attacks or lung irritation.**
This may be caused by deep lung exposure of particulate matter 2.5 micrometers in size or smaller.

☐ **Irregular heartbeat, chest pain or fatigue.**

☐ **Aggravation of coronary or respiratory disease symptoms.**

☐ **Nonfatal or fatal heart attacks.**

☐ **Premature death in people with heart disease or lung disease.**

Call "911" or go to the emergency room for life-threatening symptoms.

Contact your health care provider for less life-threatening symptoms.

Visit CentralOregonFire.org for information about protecting your health this fire season.