Health Effects of Wildfires

- burning eyes
- running nose
- chest pain
- fatigue
- coughing
- rapid heartbeat
- difficulty breathing

For more information: aghealth.ucdavis.edu/wildfires

Monitoring the AQI for PM2.5

<table>
<thead>
<tr>
<th>Air Quality Index</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>301–500</td>
<td>Hazardous</td>
</tr>
<tr>
<td>201–300</td>
<td>Very Unhealthy</td>
</tr>
<tr>
<td>151–200</td>
<td>Unhealthy</td>
</tr>
<tr>
<td>101–150</td>
<td>Unhealthy for Sensitive Groups</td>
</tr>
<tr>
<td>51–100</td>
<td>Moderate</td>
</tr>
<tr>
<td>0–50</td>
<td>Good</td>
</tr>
</tbody>
</table>

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Wearing a Respirator

- Top of head
- Below ears
- Adjust straps
- Press nose piece

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The Worksite & Reminders

slow down

tell a supervisor

rest in area with filtered air

seek medical attention