

**FOR IMMEDIATE RELEASE**

July 23, 2019

**CONTACT:**

Lishua Gishie | 928-289-6164

lishua.gishie@wihcc.org

www.wihcc.com

**Winslow Indian Health Care Center  
Department of Environmental Health Message**

**WINSLOW, Ariz. — Health Effects of Smoke from Wildfire.** Dry conditions in much of the United States increase the potential for wildfires in or near wilderness areas. Stay alert for wildfire warnings and take action to protect yourself and your family from wildfire smoke.



When wildfires burn in your area, they produce smoke that may reach your community. Wildfire smoke is a mixture of gases and fine particles from burning trees and other plant materials. This smoke can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases.

**Who is at greatest risk from wildfire smoke?**

- People who have heart or lung diseases, like heart disease, chest pain, lung disease, or asthma, are at higher risk from wildfire smoke.
- Pregnant or nursing mothers
- Older adults (65+) are more likely to be affected by smoke. This may be due to their increased risk of heart and lung diseases.
- Children are more likely to be affected by health threats from smoke. Children's airways are still developing and they breathe more air per pound of body weight than adults. Also, children often spend more time outdoors engaged in activity and play.

**Ways to Protect Yourself**

- Avoid breathing smoke if you can help it.
- Pay attention to local air quality reports
- Stay alert to news coverage or health warnings
- Limit outdoor activities
- Use an N95 or N100 face mask – can be found at a pharmacy or hardware store
- Call your healthcare provider if symptoms worsen

For more information, contact the Winslow Indian Health Care Center at (928) 289-4646 or visit our website [www.wihcc.com](http://www.wihcc.com).

**References:**

1. CDC website: <https://www.cdc.gov/features/wildfires/index.html>

2. Navajo County Emergency Management & Preparedness:  
<http://www.navajocountyaz.gov/emergencymanagement>

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Winslow Indian Health Care Center (WIHCC) is a Tribal P.L. 93-638 program located in northcentral Arizona along Interstate 40 in Winslow, Arizona. WIHCC serves the healthcare needs of the Native American population in the southwestern portion of the Navajo Nation, which includes the communities of Dilkon, Leupp, Tolani Lake, Teesto, Birdsprings, Indian Wells, Jeddito, whitecone, Twin Arrows, Winslow, Joseph City and Holbrook. For more information about WIHCC, access their website at [www.wihcc.com](http://www.wihcc.com).