POTENTIAL HEALTH RISKS AFTER FIRES

WHAT SHOULD YOU DO DURING A FIRE EVACUATION?

EVACUATION PLAN

People near the fire should follow the advice of first responders. In some cases, evacuation or "shelter in place" is announced. Whatever the case, people should take actions to reduce their exposure to smoke.

- During a fire, the doors and windows of nearby residences and buildings should remain closed.
- Air conditioners should be turned off, and after a fire is completely extinguished, buildings and homes should be ventilated with fresh air to reduce odors.

WHO IS MORE AT RISK FROM EXPOSURE?

Some people are more at risk due to their "individual susceptibility". Children, elderly, pregnant women or suffer from pre-existent health conditions, such as heart or lung disease, diabetes, etc.

HOW DO YOU PREVENT ADVERSE EFFECTS DURING/AFTER A FIRE?

To prevent adverse effects during or after a fire, try to stay indoors with windows and doors closed. Reduce physical activity and other sources of indoor air pollution such as smoking cigarettes or using wood-burning stoves or frying meat.

HOW CAN I REDUCE THE RISK OF EXPOSURE TO SMOKE?

It's important to limit the exposure to smoke, especially if you are at increased risk for particle-related effects. It is common to cough for a few minutes after breathing in smoke or fumes from a fire, however, commonly, your breathing should return to normal within a short period of time, about 30 minutes.