

## Wildfire Smoke & Asthma: What You Need to Know to Stay Safe

With wildfires already affecting many parts of Canada, we want to make sure you're prepared to stay safe—especially if you or a loved one is living with asthma.

Wildfire smoke is a serious concern—especially for people with asthma. It contains harmful pollutants, including fine particulate matter that can settle deep in the lungs and worsen asthma symptoms.

Even if you live far from a wildfire, smoke can travel thousands of kilometers and still impact your health. If you have asthma, it's essential to take precautions.

**Here are [Asthma Canada's 6 top tips for staying safe during wildfire season](#):**

### 1. Stay informed:

- Keep track of local air quality updates and wildfire information from reliable sources like [Environment Canada](#), [The Weather Network](#), and the [Government of Canada](#).

### 2. Have an updated Asthma Action Plan:

- Your plan should outline steps to take in case of worsening asthma symptoms or emergencies.

### 3. Limit outdoor activities:

Stay indoors as much as possible. Avoid physical exertion and exercising outdoors during peak pollution periods. If going outside is necessary:

- Wear a well-fitted N95 respirator mask
- Keep your reliever inhaler with you
- When driving, close windows and vents and set your AC to “recirculate”

### 4. Use air purifiers and filters in your home:

- Use HEPA air purifiers and keep windows and doors closed. Set your AC to recirculation mode and avoid indoor air pollutants like smoking or strong chemicals.

### 5. Take your medications as prescribed:

- Make sure you have all necessary asthma medications and supplies ready.
- Follow your treatment plan, and consult your healthcare provider if adjustments are needed due to poor air quality.

### 6. Stay hydrated:

Drink plenty of fluids to keep your airways moist and help reduce symptoms.

For more information on staying safe with asthma during wildfire season, watch Asthma Canada's [“How Air Quality and Wildfires Affect Your Health” webinar](#).

[Watch Now](#)