



Wildfire smoke alert

Smoke from Canadian wildfires is impacting air quality in Massachusetts. This creates hazy conditions and raises fine-particle pollution levels in some areas. Poor air quality can have significant adverse effects on sensitive groups. This includes children, older adults, pregnant people, and those with chronic medical conditions. It also affects people who are active outdoors.

The Massachusetts Department of Public Health offers resources on wildfire smoke and air quality. Please check these resources. Share them with patients, residents, and community partners when needed.

Wildfire smoke safety tips

- [Monitor local air quality](#) and follow public health and air quality advisories
- **Limit outdoor activity and strenuous exercise** when air quality is poor; move activities indoors when possible
- **Keep indoor air cleaner** by closing windows and doors, setting air conditioning systems to recirculate, and using high-efficiency (HEPA) air filters when available
- **Avoid activities that increase indoor particle levels**, including smoking, burning candles or incense, frying or broiling food, and using non-HEPA vacuums
- Follow medical guidance if at greater risk for asthma or other health concerns
- Keep medications available, and contact a health care provider with concerns
- Have a supply of N95 masks, learn when and how to use them, and practice having your child wear small N95 or surgical masks
- Seek immediate medical care for **chest pain, chest tightness, severe shortness of breath, or difficulty breathing**.

Wildfire smoke resources

[Climate Fact Sheet: Wildfire Smoke](#) – Provides information on health risks, populations at increased risk, and steps to reduce exposure during wildfire smoke events; available in 15 languages.

Climate Fact Sheet: Poor Outdoor Air Quality – Provides information on health risks, populations at increased risk, and steps to monitor air quality and reduce exposure; available in 15 languages.

Asthma Prevention and Control – Provides information on reducing asthma symptoms through effective care, environmental improvements, and disease management.

AirNow – US Government resource that provides comprehensive air quality data for your local area as well as state, national, and global views. Use its interactive Fire and Smoke map and color-coded Air Quality Index (AQI) to track conditions and make informed health decisions during smoke events.

Wildfires - Pediatric Environmental Health Specialty Units– Provides guidance on wildfire health risks and steps families, schools, and communities can take to protect children before, during, and after wildfire smoke events.