

Smoke & Your Family's Health

Smoke from landfill fires, debris burns, and volcano activity can damage your child's health and well-being.

POOR AIR QUALITY

Poor air quality can cause....

- Itchy eyes, throat, and nose.
- Coughing, wheezing, and difficulty breathing.
- Asthma attacks.
- Chest tightness, dizziness or light headedness.
- Lung or heart diseases.
- Respiratory infections like pneumonia.

How do I know the air quality is poor?

- Pay attention to fire- and smoke-related news reports.
- Check with your local clean air agency to learn if your air quality is poor
- Or try the St. Thomas page of air-quality.com by scanning this QR code with a cellphone camera



HOW DO I PROTECT MY KIDS?

During burning?

- Monitor your child's health.
- Make the indoor air cleaner using a filter or running your AC unit.
- Go to your local library- these often have clean air.
- Visit friends or family living in areas with better air quality.
- Get medical assistance if your child has symptoms.
- Follow evacuation orders.

Other steps to take

- Do not allow children or pets to play in ash.
- If ash gets on your child: clean skin off with soap and water, change clothing.



PEHSU
Pediatric Environmental
Health Specialty Unit
REGION 2: NJ | NY | PR | USVI