

# FLORIDA WILDFIRES

## HEALTH RISKS

Wildfire smoke is a mixture of various air pollutants, with fine particulate matter (also called particle pollution). Exposure to this particle pollution may pose serious health concerns, especially for individuals that are in at-risk groups.

Even short-term exposure to smoky air can affect your health, and prolonged exposure, especially over several days, significantly increases those risks.

It's vital to take steps to reduce exposure to wildfire smoke, especially during extended periods of poor air quality.



### INDIVIDUALS MOST AT-RISK

While most healthy adults and children recover quickly from smoke exposure without long-lasting health effects, certain groups face higher risks. These include:



#### Individuals with Asthma and Other Lung Diseases

Smoke exposure can trigger severe respiratory responses, such as difficulty breathing, wheezing, and asthma attacks.



#### Older Adults

Older adults, age 65 and older, are more likely to have chronic heart and lung conditions. The body's ability to respond to health challenges decreases with age, increasing the risk of being affected negatively by smoke exposure.



#### Individuals with Cardiovascular Disease

Those with underlying heart conditions or related conditions (e.g., diabetes or obesity) may experience cardiovascular events when exposed to smoke.



#### Pregnant Women

Pregnancy-related changes, such as increased breathing rates, may heighten sensitivity to smoke exposure. Certain stages of fetal development may also be more vulnerable to the adverse effects of smoke.



#### Children

Children's lungs are still developing, and they are more likely to spend time outdoors, engage in vigorous activity, and inhale more air relative to their body weight. These factors increase their vulnerability to smoke-related health effects.



Know your forest area supervisor and follow local authorities for wildfire prevention, safety guidance, and information on active fires. Learn more at [FDACS.gov](https://www.fdacs.gov)



Visit [FFS.Firesponse.com/Public](https://www.FFS.Firesponse.com/Public) or scan the QR to view a Florida wildfire map.

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