

INFANT FEEDING

& WILDFIRE SMOKE



The impacts of wildfires seasons are growing. Particulate matter (PM_{2.5}) from wildfire smoke is so small it can enter lungs & blood stream & compromise health.

Protect your family with these wildfire smoke tips.

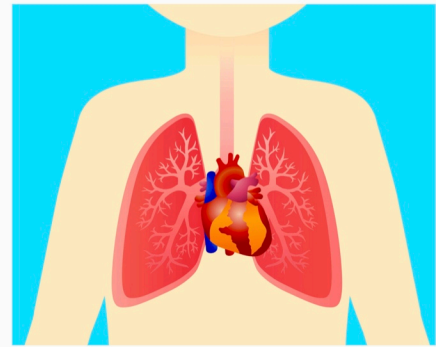
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Monitor Local AQI (Air Quality Index)

The Air Quality Index	
Index Values	AQI Category
0 - 50	Good
51 - 100	Moderate
101 - 150	Unhealthy for Sensitive Groups
151 - 200	Unhealthy
201 - 300	Very Unhealthy
301 - 500	Hazardous

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Perinatal Populations = Sensitive Groups



- Infant's respiratory/ circulatory systems are developing.
- Respiratory & cardiac impact on pregnant women & developing fetus.

3

Find Clean Air Spaces

- Set up a clean air room for family to spend time in. Breastfeed in clean room.
- Close windows & doors.
- Run air conditioner on recirculate. HVAC filter MERV 13 or higher.
- Use portable air conditioner that is right size for room (choose one with no ozone).
- Limit frying, broiling food, vacuuming & smoking that agitates particles.
- Identify community clean spaces like a large commercial buildings with air conditioning and good air filtration, like a shopping mall.



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Monitor Health



- Observe for symptoms.
- Contact your healthcare provider if you or your child has trouble breathing, shortness of breath, a cough that won't stop, or other symptoms that do not go away.