

Particulate Health Issues

Smoke particle size is directly linked to their potential for causing health problems. Small particles less than 10 micrometers in diameter (about 1/10th the diameter of a human hair) pose the greatest problems because they can get deep into your lungs. Exposure to such particles can affect both your lungs and your heart. Larger particles are of less concern, although they can irritate your eyes, nose, and throat.

Use common sense. If it looks smoky outside, it's probably not a good time to mow the lawn, go for a run, or for your children to play outdoors.

If you are advised to stay indoors, take steps to keep indoor air as clean as possible. Keep your windows and doors closed. Don't vacuum or smoke inside to avoid increasing particulates in your home.

Visibility and Particulate Matter - use this chart to determine your local Level of Health Concern. See chart at side for Health Concern details.

Visibility Range	Particulate Levels estimated for 1-hr avg $\mu\text{g}/\text{m}^3$	Levels of Health Concern
10 miles and up	0 to 40	Good
6 miles to 9 miles	41 to 80	Moderate
3 miles to 5 miles	81 to 175	Unhealthy for Sensitive Groups
1 ½ to 2 ½ miles	176 to 300	Unhealthy
¾ to 1 ½ miles	301 to 500	Very Unhealthy
¾ mile or less	over 500	Hazardous

1. Face away from the sun;
2. Look at objects / landmarks that are at known distances;
3. Estimate the distance at which the known objects totally disappear.

Levels of Health Concern

"Good" Particulates pose little or no risk.

"Moderate" Unusually sensitive people should consider reducing prolonged or heavy exertion.

"Unhealthy for Sensitive Groups" People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. The general public is not likely to be affected.

"Unhealthy" People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.

"Very Unhealthy" People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.

"Hazardous" Everyone should avoid all outdoor physical activity; people with heart or lung disease, older adults, and children should remain indoors and keep activity levels low.

WILDFIRE - BE PREPARED



Be FIREWISE

If you live in or near the forest, you are responsible for reducing the fire hazards around your home. Take the Fire Risk Rating "test" (below) to see how your home scores. Then, take measures to protect your home from wildfire.

Additional Information:

Fire Risk Rating for Homes in the Wildland / Urban Interface:

<http://fire.ak.blm.gov/content/planning/frr.pdf>

FIREWISE ALASKA - Helping Protect You and Your Community from the Threat of Wildland Fire

<http://forestry.alaska.gov/pdfs/firewise09.pdf>

Current wildfire information: (BLM-Alaska Fire Service)

<http://fire.ak.blm.gov/>

Air Quality Monitoring Information:

FNSB AQ phone: 907-459-1325 ; AQ recording: 907-459-1234

FNSB AQ website: <http://co.fairbanks.ak.us/airquality/>

MOA Environmental Health phone: 907-343-4200

MOA Environmental Health website:

<http://www.ci.anchorage.ak.us/healthesd/index.cfm>

Wildfire Smoke and Particulate information:

<http://www.dec.state.ak.us/air/am/smoke.htm>