FLORIDA DEPARTMENT HEALTH IN BROWARD COUNTY ADVISES EVERYONE TO TAKE PRECAUTIONS DURING WILDFIRE SMOKE

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Fort Lauderdale, FL -- The Florida Department of Health in Broward County encourages everyone to take precautions during the current wildfires in Western Broward County.

Smoke is a respiratory irritant, and can cause scratchy throat, irritated eyes, nose and worsen conditions such as asthma and other chronic respiratory or lung conditions.

Protect your family and pets from the health effects of smoke:

Follow your doctor's advice about taking your medicines and following your asthma management plan if you have asthma or other lung disease. See medical attention if your symptoms worsen.

Pay attention to local air quality reports and stay alert to any news coverage or health warnings related to smoke.

Avoid prolonged outdoor activities. It is especially important to limit time spent outdoors for children and persons with existing medical conditions.

Stay indoors and run your air-conditioner. Note: If you don't have an air-conditioner, staying inside with the windows closed may be dangerous in extremely hot weather. In these cases, seek alternative shelter.

If you find it necessary to drive in areas where smoke is present, run the vehicle air conditioning with recirculated air or max A/C setting. For questions regarding buildings that are equipped with outside air intakes, consult a licensed air-conditioning or mechanical contractor or professional engineer.

Help keep particle (small traces of any substance) levels inside lower. When smoke levels are high, try to avoid using anything that burns. Do not fry or broil foods, vacuum, burn candles, use a fireplace, woodstove, or smoke tobacco products. These activities add particles to your home.

If you feel the effects of wildfire smoke, so will your pets. Keep pets indoors in a room with good ventilation. Animals with heart or lung disease and older pets are especially at risk from smoke and should be closely watched during all periods of poor air quality.
For additional information on how to protect yourself, your family and pets, visit: https://www.cdc.gov/air/wildfire-smoke/default.htm. For information on Broward County Air Quality, visit: http://www.broward.org/Air/Pages/Default.aspx

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The department, nationally accredited by the Public Health Accreditation Board, works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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