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FOR IMMEDIATE RELEASE

Wildfire Smoke and COVID-19

Coos Health & Wellness wants to alert residents that the smoke we are experiencing from wildfires throughout Oregon may increase the severity of COVID-19 symptoms. Wildfire smoke can irritate your lungs, cause inflammation, affect your immune system and make you more prone to lung infections, including SARS-CoV-2, the virus that causes COVID-19.

Here are some tips to help keep yourself and your family safe from wildfire smoke:

- Stay home and inside, as much as possible
- Keep your windows closed
- Turn your ventilation systems to recirculate if possible
- Have a clean room with a HEPA air purifying appliance
- If available, wear a N95 mask fitted tightly over the face

There is a parallel between wildfire smoke and the coronavirus – that in both cases, the duration and dose of exposure determines risk. Being outside for only 10 to 15 minutes without a mask should not pose a risk. But if you are working outdoors for an extended period of time a mask is recommended.

(Note: Because N95 masks should be reserved for health care workers treating COVID-19, experts do not suggest buying new N95 masks unless you need to be outside for an extended period of time.)

If you have any questions regarding COVID-19, please visit our website [HERE](#) for the most recent guidance, or email us at covid19.questions@chw.coos.or.us.

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Together, inspiring healthier communities

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Coos County is an Affirmative Action/EEO TTY Relay: 7-1-1



Public Health
Prevent. Promote. Protect.