Wildfire smoke and your baby
Reducing exposure during and after pregnancy

**Why is it important for my baby’s health to reduce our wildfire smoke exposure?**

Wildfire smoke may be more harmful to children and pregnant people, who are sensitive populations. Exposure to wildfire smoke during pregnancy may increase the risk that your baby is born early or small.

**How can I learn more about wildfire smoke and air quality in my area?**

You can look up the AQI using your zip code at airnow.gov. The Air Quality Index (AQI) is a tool that tells you how clean or polluted your outdoor air is.

**How can I reduce wildfire smoke exposure for myself and my baby?**

- **Choose a room big enough to fit everyone in your household.**
- **Close windows and doors in the room.**
- **Minimize creation of indoor air pollution.**
- **Filter the air in the room using a portable air cleaner.**
- **Run fans or air conditioners. Turn off or close fresh air intake on air conditioners.**

**How can I make my own air cleaner at home?**

Watch this video on making your own filter fan with a box fan furnace filter. A filter fan can filter out the small particles common in wildfire smoke. For more on building a filter fan yourself, watch this video tutorial.

**How do I know if the air is bad to breathe?**

As the numbers on the AQI go up during a wildfire event, there is more chance of having health effects associated with breathing in the smoke. Please limit your time outside during smoke events.

**How do I look up the AQI?**

You can look up the AQI using your zip code at airnow.gov.

**What can I do if I am outside when smoke levels are high?**

If you are pregnant and not breathing well because of the smoke, your baby is not either. Babies are especially at risk for health effects from exposure to wildfire smoke, mostly because their lungs are still growing.

**References and other resources**

Adapted with permission from materials developed by the Western States Pediatric Environmental Health Specialty Unit. AQI (Air Quality Index) Look up the AQI in your area at airnow.gov. Environmental Protection Agency (EPA) Find out how to create a clean room in your home to protect indoor air quality during a wildfire at epa.gov. Puget Sound Clean Air Agency Learn to make a do-it-yourself air filter at pscleanair.gov. Western States Pediatric Environmental Health Specialty Unit (WS PEHSU) For more information on wildfires and reducing exposure for pregnant individuals and children visit wspehsu.ucsf.edu.