Pregnancy, Babies and Wildfire Smoke

What's the problem?

Wildfire smoke contains small particulate matter called PM2.5, which can get into our lungs and bloodstream. Several studies have linked PM 2.5 to harm to babies when they're still in the womb. The research isn't clear if fetuses are harmed directly through the inhalation of smoke or indirectly through the physical respiratory and cardiac strain that pregnant women may experience during smoke events. But, studies have shown that wildfire smoke exposure can cause negative and possibly permanent damage.

Wildfire Smoke and COVID-19

While the outdoors is generally safer for reducing your chances of catching COVID-19, the air outside may not be safe to breathe during a wildfire smoke event. In addition, exposure to wildfire smoke has the potential to exacerbate COVID-19 symptoms and lead to worse health outcomes. Cloth face coverings do not provide protection from wildfire smoke. Only respirators such as N95s can filter out PM 2.5, so instead of relying on your face covering for protection, go indoors to a place with cleaner air.

Stay Informed with Air Quality Updates

- Check today's air at todaysair.mt.gov
- Call the Missoula air quality hotline at 406-258-3600

Know the visibility “rules of thumb”

- Cannot see 5 miles: Unhealthy
- Cannot see 2 miles: Very unhealthy
- Cannot see 1 mile: Hazardous

Learn More and Connect: www.montanawildfiresmoke.org