



Health Advisory

Key messages for health care providers: Ensure up-to-date Medical Management Plans/Asthma Action Plans are in place for patients at increased risk of health impacts from poor air quality days.

- Patients with asthma, chronic obstructive pulmonary disease (COPD), other lung diseases, heart disease, or who are pregnant, are at a higher risk of health impacts (such as respiratory impacts, cardiovascular events, and other adverse health outcomes) during poor air quality days.
 - Proactive Care for Patients with Asthma: Create an Asthma Action Plan. Ensure all patients with asthma have a current, personalized Asthma Action Plan and that they know to keep quick-relief medication readily available, particularly during periods of wildfire smoke or high ozone.
 - For patients with other pre-existing conditions (COPD, heart, disease, etc.), encourage patients to keep any relevant medications available in the event of poor air quality days, and if relevant, ensure patients have a medical management plan
 - Advise Patients to monitor local [AirNow.gov](https://airnow.gov) information and either follow recommendations based on the Air Quality Index (AQI), (document.airnow.gov/air-quality-guide-for-particle-pollution.pdf), or if necessary:
 - Make more conservative specific clinical recommendations for the patients in advance of poor AQ days (e.g. during wildfire impacts) and tailor them if the color-coded AQI recommendations are not protective enough.
 - For example, clinical guidance may be more conservative for patients to remain indoors or leave the area on days with AQI>100 when public health recommendation is not as restrictive.
- Quick Facts
about Poor Air
Quality**

 - Based on a color-coded scale from 0 to 300, the U.S. [Air Quality Index](https://airnow.gov) (AQI) is a tool used to communicate information about outdoor air quality and health.
 - Poor air quality is caused by air pollution, high ozone days, wildfire events, and extreme heat.
 - These air quality impacts can occur quickly and without warning.
 - **Make plans in advance to prevent health impacts and reduce unnecessary visits ahead of poor air quality days.**
- Advise patients to [take protective actions](#), which include these steps:
 - Patients should stay indoors with windows and doors closed and use air conditioning (with fresh-air intake closed and a clean filter) or air purifiers
 - Prevent further indoor air pollution by not smoking, using candles, sprays, or vacuuming
 - People who must be outside, or if it is not possible to avoid exposure to wildfire smoke, can have some protection using an [N95 mask if worn properly](#).
 - Advise limiting, shifting, or canceling outdoor, high-exertion activities.