

## Health Recommendations for Wildfire Smoke

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DENVER — Smoke from wildfires can cause problems for those with respiratory and cardiac disease as well as the very young and elderly.

Most symptoms are short-term and resolve as smoke dissipates.

For vulnerable populations in smoky areas, general recommendations are:

- Make sure you have taken your medications as prescribed
- Stay indoors
- Limit exercise
- Consider leaving the area if smoke is making you sick.

**National Jewish Health** is the leading respiratory hospital in the nation. Founded 122 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit the [media resources page](#).

### Media Contacts

Our team is available to arrange interviews, discuss events and story ideas.

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