

AFTER THE FIRE

Patient Healthcare Checklist



Wildfires that burn residential and commercial neighborhoods can create smoke that is more toxic to health than forest fires, or even single house fires, due to the types of materials that burn (cars, trucks, homes, industrial buildings), and the extremely high temperatures that these fires can reach. **If you are concerned that exposure to wildfire smoke and ash may be affecting your health, fill out the below worksheet and bring it with you when you meet with your health care provider to help them understand your risks and concerns.**

HEALTH HISTORY CHECKLIST	Yes	No
Do you have a history of asthma, COPD, or other respiratory illness (illness that affects your lungs)?	☐	☐
Are you pregnant or were you pregnant during the fire smoke exposure?	☐	☐
Do you have a history of heart disease (stroke, congestive heart failure, heart attack)?	☐	☐
Do you have a history of depression, anxiety, or mood disorder?	☐	☐
Has your mental health been worse since the fire?	☐	☐
Do you get 7-8 hours of uninterrupted sleep most nights?	☐	☐
Have your sleep habits changed since the fire?	☐	☐
Has that number increased since the fire?	☐	☐
Do you smoke cigarettes or use other tobacco products?	☐	☐
How many drinks (alcohol) do you currently consume per week?		

Please check any symptoms that you have experienced since the wildfire exposure:

SYMPTOMS CHECKLIST	✓
Cough (dry or wet)	☐
Sore or burning throat	☐
Runny nose	☐
Sinus congestion	☐
Nausea	☐
Wheezing	☐
Chest pain	☐
Shortness of breath	☐

SYMPTOMS CHECKLIST (CONTINUED)	✓
Brain fog / confusion	☐
Fatigue	☐
Dizziness	☐
Eye irritation (stinging, burning, or watering)	☐
Skin irritation (rash, or other that is not otherwise explained)	☐
Headache	☐
Heart palpitations (rapid or irregular heartbeat)	☐

This resource is intended to be informational only, and should not replace the advice of a health care professional. If you are experiencing a medical emergency, please dial 911.



LA FIRE HEALTH STUDY

