

Wildfire Smoke Safety for Alpha-1 Patients

Your Lungs Need Extra Protection During Wildfire Season

If you live with Alpha-1 Antitrypsin Deficiency, your lungs are more vulnerable to irritation and damage from wildfire smoke. Here's how to protect yourself when air quality worsens. Wildfire smoke contains fine particles (PM2.5) that can enter deep into the lungs. For Alpha-1 patients, this can trigger exacerbations, worsen emphysema, and lead to long-term damage.

Stay Safe When Smoke Fills the Air:

- Check the Air Quality Health Index daily (airhealth.ca)
- Stock medications and inhalers, including those for exacerbations
- **CONTACT YOUR HEALTHCARE TEAM IF SYMPTOMS WORSEN**



At Home

Preparedness:

- Close & seal doors and windows to maintain a clean air room
- Ensure you have a functioning CO₂ detector
- Avoid using electrostatic and UV air purifiers, which generate ozone and inactivate Alpha-1 antitrypsin when inhaled

Use a Portable True HEPA Air Purifier:

- Place in the main living areas and bedroom(s)
- Run continuously during smoke events
- Close doors and windows to maintain a clean air room
- Check and replace filters for optimal performance

Optimize Your Furnace or HVAC System:

- Use the highest-rated filter your HVAC system can support to help trap fine particles.
- Set the fan to "ON" so air keeps circulating
- Set to recirculate, if possible
- Check and replace filters more often during smoke events



Outdoors

Limit Exposure When Outside:

- Limit time outdoors, especially for exercise or chores
- Wear a fitted N95 mask if going out is necessary
- Use oxygen as prescribed and avoid overexertion
- When driving, keep your windows and vents closed and only use air conditioning in the recirculate setting



Augmentation Therapy

Protect Your Lungs — Consider Self-Infusion:

Wildfire smoke can make it harder and riskier to leave home. Self-infusions are a flexible and increasingly popular option that lets you stay safe indoors while managing your treatment, on your schedule.

If smoke exposure is making it difficult to attend your regular infusion appointments, reach out to your AlphaNet Coordinator to explore your options.