



Wildfire Smoke Action Plan

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Improve indoor air quality:

- Stay indoors with your windows and doors closed. Stock up on necessities such as food and medication. If you have AC, run the fan on recirculate so you are not drawing in smokey air but are still filtering your home's air. Make sure you have a clean MERV-13 furnace filter.
- Use a high quality HEPA air purifier in every room of your home, especially in your bedroom and main living area. You can also make your own filter fan with a box fan and a MERV-13 filter and tape. [Learn more.](#)
- Do not use gas stoves, fireplaces, or vacuum as these increase indoor air pollution
- If you do not have an air conditioner and it is hot out, seek shelter in a public place with AC, such as a public library or community center.

Diet and Lifestyle Protection:

- Diet:
 - Eat an organic, whole-foods diet rich in a variety of colorful fruits and vegetables. Key foods: berries, broccoli, onions, garlic, celery, parsley, chamomile tea, capers, apples, dock, swiss chard, cranberries, chili peppers, blueberries, olive oil
 - Ensure adequate hydration. Check with your doctor how much water is right for you.
- Lifestyle:
 - Sauna Therapy – it protects your cardiovascular and respiratory systems from the hazards of smoke inhalation. Ask your doctor if this therapy is right for you.
 - Avoid outdoor physical activity
 - If you need to be outside, use a N95 mask. Change your mask daily. If you have preexisting lung or heart disease, ask your doctor before using a mask. This is not an effective option if you have a beard.

Supplemental Support:

- **2.5 mg/d folic acid, 50 mg/d vitamin B6, and 1 mg/d vitamin B12-** prevents methylation-related damage
- **1.6 gram EPA/DHA qd** significantly decreased the effect of PM2.5 on heart rate variability
- **Vit. C (up to 500 mg. qid) and vit. E (up to 800 IU qd)** has resulted in- decreased airway irritation from NO2 exposure, improved airway in children with asthma exposed to ozone, improved airflow in adults after ozone exposure and increased blood GSH/SOD/catalase levels in adults exposed to pollution from coal-fired power plants
- **Sulforaphane (30-50 mg/d)** for adults in a highly polluted city increased the ability to detoxify air pollution exposure via glutathione- conjugated pollutant excretion (glutathione-derived conjugates of benzene and acrolein).
- **NAC (typical adult dose 1800 mg/d)** reduces lung inflammation, corrects the reduction in GSH levels and airway reactivity from diesel particle exhaust, blocks pro-inflammatory cytokine production resulting from air pollution exposure, and reduces cyto- and genotoxicity from air pollution exposure.



institute of complementary medicine

- **Resveratrol (450 mg/d)** has significant anti-inflammatory, anti-oxidant, anti- fibrotic and anti-oncogenic effects in the respiratory system.
- **R-Alpha lipoic-acid 300 mg/day** Increases mitochondrial glutathione. Supports excretion of toxic metals, solvents, pesticides
- **Curcumin** suppresses the NLRP3 inflammasome by blocking lipopolysaccharide (LPS) activation, which has implications for a wide variety of endotoxin-generated problems.
- **Green Tea** increases benzene metabolism and excretion, increases glutathione peroxidase & catalase activity

DIY Filter Fan:

Affordable and Effective for wildfire events

- **Supplies:**
 - 20in. box fan
 - 20x20x1 in.
 - MERV 13 filter
 - Tape
- **Directions:** Tape the MERV13 rated filter to the back of the fan, making sure the arrows on the filter point in the direction of airflow. Plug in and turn on! Enjoy 90% cleaner air in just 15-30 minutes (for an average sized room).
- Learn more: <https://www.pscleanair.org/525/DIY-Air-Filter>

Resources:

- Puget Sound Current Air Quality: <http://map.pscleanair.org/>
- Nationwide Air Quality: <https://www.airnow.gov/>
- 5 Day Forecast: <https://ecology.wa.gov/Air-Climate/Air-quality/Smoke-fire/Wildfire>

Webinars to learn more:

- <https://envmedicine.com/webinars/free-webinar-2018-fire-smoke-webinar/>
- <https://envmedicine.com/webinars/free-event-environmental-impact-from-forest-fire-smoke-a-first-aid-for-our-west-coast-air-quality-tuesday-oct-24-2017-530pm-pt/>

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