ការសេវាកម្មជាតិសុខភាពសម្រាប់ក្រុមពួកអ្នក។

ទីក្រុងអាណាដង្គំរឹងមិនមានការផ្ទុកប្រយុទ្ធកូនក្នុងក្រុមភ្នំពេញដើម្បីសម្របសម្រួលអោយមានវិធីសាស្ត្រដែលមានប្រយោជន៍បុរស។

សូមចូលទៅ www.baaqmd.gov ឬ www.airnow.gov បានទទួលបានអំពីគុណភាពខ្យល់បច្ចេកវិទ្យាសកម្តេច។

គុណភាពខ្យល់ (AQI) គឺជារបៃ័នធខូប៉ះប្រយោជន៍អាសុីបាយអ្នកប្រកួតប្រជែងក្នុងមុខការកែប្រែអំពីការសម្រាប់ក្រុមសុខភាពអាសុីស្រីពីការផ្ទុកប្រយុទ្ធកូនក្នុងក្រុមភ្នំពេញ។

លើសពីអំពីនេះ អំពីការផ្ទុកប្រយុទ្ធកូនក្នុងក្រុមភ្នំពេញសម្រាប់ការកែប្រែអំពីការសម្រាប់ក្រុមសុខភាពអាសុីស្រី។

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**Public Health Department:**

- **Main Line:**(510) 267-8000
- **COVID-19 Information:**(510) 268-2101
- **Website:** www.acphd.org

**Colleen Chawla – Agency Director**
**Kimi Watkins-Tartt – Director**
**Nicholas Moss, MD – Interim Health Officer**

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**Wildfire Smoke FAQ**

**Frequently Asked Questions (FAQs)**

1. **Is weather changing leading to smoke levels that can harm human health?**
   - Yes, conditions such as low wind speeds and high temperatures can lead to increased smoke levels.
   - The smoke can cause irritation to the eyes, nose, and throat, and can be harmful to those with pre-existing respiratory conditions.

2. **What can I do to protect myself from smoke exposure?**
   - Avoid spending time outdoors, especially during peak smoke hours.
   - Use air purifiers if possible.
   - Stay indoors with all windows and doors closed.
   - Use electric fans to help circulate clean indoor air.
   - Use ventilation fans for bathrooms and kitchens.

3. **Can smoke exposure cause long-term health effects?**
   - Yes, prolonged exposure to smoke can lead to long-term health effects such as chronic coughing, wheezing, and respiratory infections.
   - People with pre-existing conditions like asthma, heart disease, and COPD may be at higher risk.

4. **What can I do if I have smoke-related symptoms?**
   - Call 911 immediately if you are having trouble breathing.
   - Contact your healthcare provider if you have symptoms such as coughing, wheezing, or chest pain.

5. **How can I protect my home from smoke?**
   - Use HEPA air purifiers or high-efficiency particulate air filters.
   - Keep all windows and doors closed.
   - Use fans to help circulate clean indoor air.

6. **What is the difference between smoke from wildfires and COVID-19?**
   - Wildfire smoke is a mix of fine particles and gases that can irritate the respiratory system.
   - COVID-19 is a viral respiratory illness that can cause a range of symptoms including fever, cough, and shortness of breath.

7. **Can smoke exposure cause other health problems?**
   - Yes, smoke exposure can cause a variety of health problems including respiratory infections, heart disease, and stroke.
   - It can also worsen pre-existing conditions such as asthma and COPD.

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**Contact**

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