

The NC Division of Air Quality forecast for Friday, March 28, 2025, includes Code Purple or “Very Unhealthy” conditions for Transylvania County. An expansive smoke plume from the Table Rock fire in Greenville County, SC, is expected to remain intense across eastern Transylvania County and most of Henderson County.

## WHAT SHOULD I DO?

In Code Purple conditions, everyone should avoid long or intense outdoor activities. Sensitive groups particularly susceptible to health impacts, including children, older adults and people with asthma or heart conditions, should avoid all outdoor physical activity.

**Check local air quality reports.** Visit [www.ncair.org](http://www.ncair.org) for daily updates on air quality. Keep in mind that air quality conditions may vary throughout the day and from one location to another within the county. If you can see haze and smell smoke, then air quality is not good and you should limit your outdoor activities when possible.

**Stay inside and keep indoor air as clean as possible.** Keep windows and doors closed. Run your HVAC system if you have one, but keep the fresh-air intake closed and the filter clean to prevent outdoor smoke from getting inside.

**Limit physical activity**, both indoors and outdoors. Increased physical activity requires people to breathe faster, breathe deeper, and take in more air—and therefore, more air pollution—into your lungs. Reduce the amount of time you are breathing hard, take more frequent breaks, and reduce how hard you are working or exercising.

**Avoid activities that increase pollution.** Burning candles, fireplaces, or gas stoves can increase indoor pollution. Vacuuming stirs up particles already inside your home, contributing to indoor pollution. Smoking also puts even more pollution into the air.

**Talk to your healthcare provider** about medicines and your respiratory management plan if you have asthma or another lung disease. Consider evacuating the area if you are having trouble breathing. Call your healthcare provider for further advice if your symptoms worsen.

## RISKS OF WILDFIRE SMOKE

If you are close to a wildfire, the fire itself, as well as heavy smoke and ash, can pose serious, immediate risks to your safety and health. You should be prepared to evacuate immediately if told to do so. But you may be exposed to smoke even if the actual fire is far away.

During a wildfire, smoke can make outdoor air unhealthy to breathe. Local officials may advise you to stay indoors and limit outdoor activities. However, some of the smoke can enter your home and make it unhealthy to breathe indoor air, too.

Smoke is made up of a complex mixture of gases and fine particles produced when wood and other organic materials burn. These microscopic particles can get into your eyes and respiratory system, where they can cause health problems such as burning eyes, runny nose, and illnesses such as bronchitis. The smallest particles can reach deep into the lungs and bloodstream, where they can aggravate asthma and other lung conditions, as well as heart conditions.

While healthy adults are usually not at a major risk from short-term exposures to smoke, it is still a good idea to avoid breathing smoke if you can help it, especially at Code Red levels or above.

Visibility Guide to Smoke and Air Quality		
Visibility (miles)	Air Quality Index	Air Quality Index Color
>10	0 - 50	Green (Good)
6 – 10	51 – 100	Yellow (Moderate)
3 – 5	101 – 150	Orange (Unhealthy for Sensitive Groups)
1.5 – 3	151 – 200	Red (Unhealthy)
1 -1.25	201 – 300	Purple (Very Unhealthy/Hazardous)
<1	301+	Maroon (Hazardous)



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