



# Yakima Health District

# News Release

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## Wildfires Season and Your Health

YAKIMA, WA- As wildfires continue, protect you and your family by avoiding going outdoors as much as possible. Outdoor smoke contains very small particles and gases, including carbon monoxide. These particles can get into your eyes and lungs where they can cause health problems.

When smoke levels are high, people may experience symptoms or health problems such as:

- Coughing, scratchy throat, irritated sinuses, shortness of breath, chest pain, headaches, stinging eyes, and runny nose.
- People who have heart disease might experience chest pain, a fast or irregular heartbeat, shortness of breath, and fatigue.

The Yakima Health District's Health Officer, Dr. Teresa Everson wants to remind people that, "In general, wearing dust or surgical masks is not enough to filter the air that you breath. Young children, the elderly, and those with chronic lung or heart conditions such as asthma, COPD (chronic obstructive pulmonary disease) and angina should limit time outdoors, especially heavy physical activity outdoors, when air quality is poor."

To avoid experiencing symptoms when air quality is poor ensure that:

- Windows, doors, and vents are closed while at home and driving in your car
- You are not adding to indoor pollution by using vacuums, candles, fireplaces, or gas stoves
- You create a clean room in the house using High Efficiency Particulate Air (HEPA) filters for health impaired family members

Call your health care provider if you have any questions or your symptoms worsen.

### For more information:

Washington Smoke Information <http://wasmoke.blogspot.com/p/national-interagency-fire-information.html>

Washington's Air Monitoring Network <https://fortress.wa.gov/ecy/enviwa/>

Washington State Department of Health

<https://www.doh.wa.gov/CommunityandEnvironment/AirQuality/SmokeFromFires>

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