**AIR QUALITY ADVISORY FOR SQUAXIN ISLAND TRIBE AND COMMUNITY**

[Smoke from surrounding wildfires](http://www.seattletimes.com/seattle-news/weather/why-so-much-smoke-from-b-c-fires-natures-air-conditioning-is-broken-weather-service-says/) has created hazardous air quality conditions.

**Current Conditions (as of 7:00 am on 8/15/18) indicate that the air quality is: UNHEALTHY**

Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects. Such as, People with heart or lung disease, diabetes, older adults, pregnant women, and children should reduce prolonged or heavy exertion, and limit their time outdoors. Smoke is made up of a complex mixture of gases and fine particles produced when wood burns. The biggest health threat from smoke is from fine particles, which can penetrate deep into your lungs and cause a range of health problems.

Precautions you can take to protect yourself and your family include:

1. **Avoiding strenuous physical exertion outdoors.**
2. **Run an air conditioner,** set to re-circulate and close the fresh-air intake, make sure to change the filter regularly, or **keep the windows closed**.
3. **Staying indoors and keep indoor air as clean as possible**.
   * Use a high-efficiency particulate air (HEPA) filter to reduce indoor air pollution. A HEPA filter may reduce the number of irritating fine particles in indoor air. A HEPA filter with charcoal will help remove some of the gases from the smoke.
   * **Avoid activities that increase indoor pollution** such as burning candles, using fireplaces, or gas stoves. Vacuuming can also stir up particles already inside your home, contributing to indoor pollution. Smoking also puts even more pollution into the air.
4. **Keeping an eye on your symptoms**.
   * If you have asthma or other lung diseases, make sure you follow your doctor's directions about taking your medicines and follow your asthma management plan. Call your health care provider if your symptoms worsen.
   * Smoke can cause coughing, scratchy throat, irritated sinuses, shortness of breath, chest pain, headaches, stinging eyes, and runny nose. **(Remember that when smoke levels are high, even healthy people can have symptoms or health problems.)**
   * If you have heart or lung disease, smoke might make your symptoms worse, including chest pain, a rapid or irregular heartbeat, shortness of breath, and fatigue.

**Please call the Squaxin Island Community Health Department at 360-427-9006 if you have any health questions or concerns.**

