



Chelan-Douglas Health District

200 Valley Mall Parkway, East Wenatchee, WA 98802

FOR IMMEDIATE RELEASE

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Unhealthy Air Quality Conditions

East Wenatchee, WA – Local air quality monitors are currently reading *unhealthy* and *unhealthy for sensitive groups* throughout Chelan County, including Lake Chelan, Leavenworth and Plain, due to wildfire smoke in the region.

According to the [Air Quality Hazard Guidance](#), an *unhealthy* reading means: *everyone should reduce exposure. Limit time outside, avoid strenuous outdoor activity and follow tips for cleaner indoor air* and an *unhealthy for sensitive groups* reading means: *sensitive groups should take steps to reduce exposure. Limit time outside, avoid strenuous outdoor activity, and follow tips for cleaner indoor air. Everyone should watch for symptoms as a sign to reduce exposure.* Sensitive groups with increased risk includes:

- People with health conditions: lung diseases, asthma, COPD, heart diseases, respiratory illnesses and diabetes
- People 18 and younger or older than 65
- Pregnant people
- Outdoor workers

Smoke from wildfires can cause problems even if you are healthy. Symptoms related to unhealthy air quality may include watery or dry eyes, coughing, shortness of breath, headaches, irregular heartbeat and chest pain. If you are experiencing serious symptoms, please seek medical attention immediately. The best way to protect yourself is to:

- Limit duration and intensity of physical activity outdoors
- Stay indoors and keep indoor air clean by closing windows and doors, avoiding indoor air pollution like vacuuming and burning candles
- Set air conditioning to recirculate or seek ways to [improve air filtration](#)
- Wear a properly fitted, NIOSH-approved particulate respirator, such as an N-95 mask

CDHD is working to deliver a limited number of N-95 masks for public use to points of distribution in the Lake Chelan area and the western part of Chelan County, including Leavenworth and Plain. A list with the mask locations will be posted on [CDHD's homepage](#) and [Facebook](#) soon.

Stay informed of the latest wildfires and local air quality by visiting the [Washington Smoke Blog](#).

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