

PROTECTION FROM POOR AIR QUALITY & WILDFIRE SMOKE



Whitman County
PUBLIC HEALTH



Check local air quality reports & listen to news or health warnings for your community.



Avoid physical exertion outdoors if smoke is in the air.



If you have asthma or other lung diseases, make sure you follow your doctors directions about taking your medication and following your asthma management plan. Call your healthcare provider if your symptoms worsen.



Stay indoors and keep the indoor air as clean as possible. Take the following steps when indoors:

- Keep windows and doors closed. Track air quality and open your windows for fresh air when the air quality improves.
- Run an air conditioner, set it to re-circulate and close the fresh air intake. Make sure to change filters regularly.
- Use an air cleaner with a high-efficiency particulate air (HEPA) filter to reduce indoor air pollution. A HEPA filter will reduce the number of irritating fine particulates in indoor air. A HEPA filter with charcoal will help remove some of the gas from the smoke. Do not use an air cleaner that produces ozone. For more information, visit the EPA Indoor Air Filtration Fact Sheet.
- Don't add to indoor air pollution. Don't use food boilers, candles, incense, the fireplace, or gas stoves. Don't vacuum unless your vacuum has a HEPA filter. Vacuuming stirs up particles already inside your home. Don't smoke. Smoking puts even more pollution into the air.

