

WAYS TO PROTECT YOURSELF AND YOUR FAMILY FROM POOR AIR QUALITY & WILDFIRE SMOKE



Whitman County
PUBLIC HEALTH



Limit the duration and intensity of outdoor physical activity



Seek cleaner air elsewhere if necessary:

If it is challenging to maintain clean air at home, consider going to a friend's place, a public space with better ventilation, or an area unaffected by pollution.



When going outside, wear proper respiratory protection:

Wear a well-fitted, NIOSH-approved particulate respirator, such as an N95 mask, when spending time outdoors during periods of poor air quality.

Ensure that the mask covers the nose and mouth adequately for maximum effectiveness.



Ensure cleaner indoor air:

Close windows and doors, especially when the outdoor air quality is compromised.

Avoid activities that contribute to indoor air pollution, such as smoking or burning candles.

Utilize air purifiers to filter indoor air. Consider using HEPA (High-Efficiency Particulate Air) filters in portable air cleaners or HVAC systems.

Optimize air conditioning settings to recirculate indoor air and prevent the intake of polluted outdoor air.



AIR QUALITY GUIDE



Whitman County
PUBLIC HEALTH

What does the Air Quality Index measure?

Various sources such as vehicle exhaust, woodstove emissions, industrial emissions, wildfire smoke, windblown dust, and others release fine particles (PM2.5) that pose health risks.

The AQI categorizes air quality into six levels, each indicating different levels of potential health impacts:

GOOD	0-50	Air quality is satisfactory
MODERATE	51-100	Air quality is acceptable
UNHEALTHY FOR SENSITIVE GROUPS	101-150	Members of sensitive groups use caution
UNHEALTHY	151-200	Some members of the general public may suffer negative health effects
VERY UNHEALTHY	201-300	Health alert: The risk of health effects is increased for everyone
HAZARDOUS	300+	Health warning: everyone is more likely to be affected

Know the symptoms

- Headaches
- Burning Eyes
- Irregular Heartbeat
- Fatigue
- Coughing
- Chest Pain
- Wheezing and shortness of breath
- Throat and Nose Irritation

If you have asthma or other lung diseases, follow your doctor's directions about taking your medication and following your asthma management plan.

GROWING A
HEALTHIER
COMMUNITY.



PULLMAN
1205 SE Pro Mall Blvd #203
Pullman, WA 99163
509.332.6752

COLFAX
310 N Main Street #108
Colfax, WA 99111
509.397.6280