

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



Whitman County
PUBLIC HEALTH



Stay inside at home, but 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.



If necessary to go outside, wear proper respiratory protection:

Wear a well-fitted, NIOSH-approved particulate respirator, such as an N95 mask, when spending time outdoors.

- Ensure that the mask covers the nose and mouth adequately before use.



Limit the duration and intensity of outdoor physical activity



Ensure cleaner indoor air:

Close windows and doors.

Avoid activities inside 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.
- Inexpensive DIY filters can be made at home. Visit our Air Quality page at WhitmanCountyPublicHealth.org under the Environmental Health Division for a video on how to create.

Optimize air conditioning settings to recirculate indoor air.



AIR QUALITY GUIDE



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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

Who are in the sensitive groups?

Individuals with respiratory conditions, cardiac conditions or a history of stroke. Individuals who are children, elderly, pregnant, outdoor workers, or homeless.

Know the symptoms

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



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HEALTHIER
COMMUNITY.