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| <b>FOR IMMEDIATE RELEASE 08/04/2010</b> | <b>FOR INFORMATION CONTACT</b>                                 |
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## **Summer Air Quality Public Health Advisory**

The Grant County Health Officer is issuing a public health advisory as a result of recent poor air quality in the Grant County area. As is the case every year, poor air quality and smoke pollution will be intermittently present in Grant County throughout summer and into early fall.

Poor air quality and wildfire smoke can impact people with asthma and other lung diseases, as well as children and older adults. Levels of pollutants that may not affect healthy people may cause breathing difficulties for these people.

**To reduce the risks to vulnerable individuals the Grant County Health District recommends the following:**

- If it looks smoky outside, it is probably not a good time for outdoor activities.
- Minimize the use of indoor air pollutants such as candles, incense, and wood burning stoves.
- Routinely check on children, the elderly, and friends and family who have breathing problems when outdoor air quality is unhealthy.

### **Helpful web sites**

- University of Washington Fire, Smoke and Health: <http://depts.washington.edu/wildfire>
- National Weather Service Western Region: [www.wrh.noaa.gov](http://www.wrh.noaa.gov)
- Satellite Images of Fires: [www.osei.noaa.gov/Events/Fires/US\\_Northwest/](http://www.osei.noaa.gov/Events/Fires/US_Northwest/)
- Washington State Department of Health: [www.doh.wa.gov/ehp/smokefactsheet.pdf](http://www.doh.wa.gov/ehp/smokefactsheet.pdf)
- Washington State Department of Ecology <https://fortress.wa.gov/ecy/enviwa/Default.htm>

**To protect your family, make personal observations to determine outdoor air quality.**

- Face away from the sun.
- Determine the limit of your visibility range by looking at targets at known distances (miles).
- The visible range is the point at which even high-contrast objects (e.g. a dark forested mountain viewed against the sky at noon) totally disappear.
- After determining visibility in miles, use the table below to identify potential health effects and appropriate cautions to take.

| <b>Visibility in Miles</b> | <b>Air Quality Index</b> | <b>Health Category</b>         | <b>Health Effects</b>   |
|----------------------------|--------------------------|--------------------------------|---|
| 10 or more                 | 0-50                     | Good                           | None  |
| 5-10                       | 51-100                   | Moderate                       | Unusually sensitive people should consider reducing prolonged or heavy exertion.  |
| 3-5                        | 101-150                  | Unhealthy for Sensitive Groups | People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion.  |
| 1.5-3                      | 151-200                  | Unhealthy                      | People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.        |
| 1-1.5                      | 201-300                  | Very Unhealthy                 | People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.      |
| 1 or less                  | 301-500                  | Hazardous                      | Everyone should avoid all physical activity outdoors; people with heart or lung disease, older adults, and children should remain indoors and keep activity levels low. |

Table from the Arizona Department of Health Services Office of Environmental Health

[www.azdhs.gov/phs/oeh/pdf/smoketable.pdf](http://www.azdhs.gov/phs/oeh/pdf/smoketable.pdf)

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