



Chelan-Douglas Health District

200 Valley Mall Parkway, East Wenatchee, WA 98802

FOR IMMEDIATE RELEASE

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Air Quality

East Wenatchee, WA – Due to the Air Quality Conditions from the current wildfire activity involving the Balsamroot Fire, Public Health officials are advising Chelan and Douglas county residents to stay indoors during periods of unhealthy air quality.

CDHD urges residents to be aware of current air quality conditions in order to take the necessary steps to avoid negative health impacts. Smoke from wildfires can cause health problems even if you are healthy. Symptoms related to unhealthy air quality may include:

- Watery or dry eyes
- Coughing/Wheezing or throat/sinus irritation
- Shortness of breath
- Headaches
- Irregular heartbeat and chest pain

If you are experiencing serious symptoms, seek medical attention immediately.

The best way to protect yourself from wildfire smoke is to stay indoors and by keeping your indoor air space clean by [improving filtration](#) and creating a [clean air room](#) in your home.

If you must go outside during poor air quality conditions, respirator masks, labeled N-95 or N-100, can provide some protection. Visit an [N95 Mask distribution](#) site near you! NCW Libraries have received Portable Air Filters to help provide relief for affected individuals. If you need relief from the wildfire smoke, please visit www.ncwlibraries.org for a complete list of libraries and hours for the cleaner air shelter.

To find the latest wildfire and local air quality information visit the [Washington Smoke Blog](#) and follow [Chelan County Emergency Management](#) on Facebook for official fire evacuation information.

For more public health updates, visit www.cdhd.wa.gov and follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

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