



FOR IMMEDIATE RELEASE

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NCW Libraries Offer Wildfire Smoke Relief

East Wenatchee, WA – Air Quality levels in Chelan and Douglas Counties continue to decline due to the persistence of heavy smoke from local wildfires.

NCW Libraries, in partnership with Chelan-Douglas Health District, have collaborated to 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 safer air shelter. NCW Libraries in Chelan and Douglas counties have received Portable Air Filters to help create a cleaner air space.

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:

- Water 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.

To find the latest wildfire and local air quality information visit the [Washington Smoke Blog](#).

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

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