



# Spokane Tribal Department of Natural Resources Air Quality Program

Lucas Bair, Air Quality Program Manager

(509) 626 – 4403

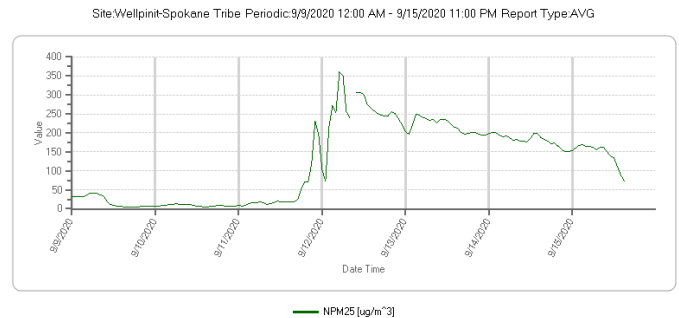
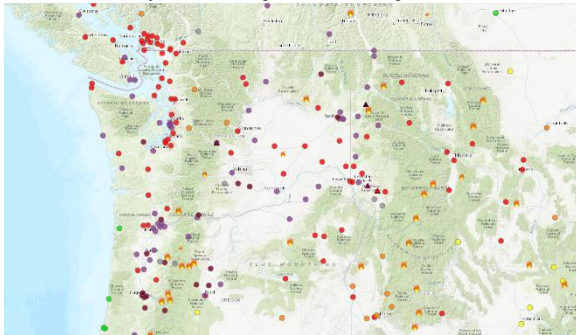
lucas.bair@spokanetribe.com

## Public Service Announcement Smoke Report September 15, 2020

Air Quality is starting to look better as we move into late Tuesday. Still a lot of **Unhealthy** and **Very Unhealthy** showing on the regional monitor map  
Lowest Value today at

**72.1 ug/m<sup>3</sup> or 160 AQI**

Air Monitor data from Washington Smoke Blog.



Air Quality Index	Who Needs to be Concerned?	What Should I Do?
Good 0-50		It's a great day to be active outside.
Moderate 51-100	Some people who may be unusually sensitive to particle pollution.	<b>Unusually sensitive people:</b> Consider reducing prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier. <b>Everyone else:</b> It's a good day to be active outside.
Unhealthy for Sensitive Groups 101-150	Sensitive groups include people with heart or lung disease, older adults, children and teenagers.	<b>Sensitive groups:</b> Reduce prolonged or heavy exertion. It's OK to be active outside, but take more breaks and do less intense activities. Watch for symptoms such as coughing or shortness of breath. <b>People with asthma:</b> should follow their asthma action plans and keep quick relief medicine handy. <b>If you have heart disease:</b> Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.
Unhealthy 151 to 200	Everyone	<b>Sensitive groups:</b> Avoid prolonged or heavy exertion. Move activities indoors or reschedule to a time when the air quality is better. <b>Everyone else:</b> Reduce prolonged or heavy exertion. Take more breaks during all outdoor activities.
Very Unhealthy 201-300	Everyone	<b>Sensitive groups:</b> Avoid all physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better. <b>Everyone else:</b> Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling to a time when air quality is better.
Hazardous 301-500	Everyone	<b>Everyone:</b> Avoid all physical activity outdoors. <b>Sensitive groups:</b> Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.

## SYMPTOMS OF SMOKE EXPOSURE

- HEADACHES \_\_\_\_\_
- FATIGUE \_\_\_\_\_
- WATERY, DRY EYES \_\_\_\_\_
- COUGHING OR WHEEZING \_\_\_\_\_
- THROAT, LUNG, OR SINUS IRRITATION \_\_\_\_\_
- SHORTNESS OF BREATH OR ASTHMA ATTACKS \_\_\_\_\_
- IRREGULAR HEARTBEAT OR CHEST PAIN \_\_\_\_\_



As people are exposed to smoke a cumulative exposure throughout this even symptoms from smoke inhalation might start small. Such as a headache or fatigue, but move to more harsher symptoms as exposure continues.

Washington Smoke Information – Site include monitor data on air conditions, but include plenty of information on fire, smoke, and other health impacts with other links.

<http://wasmoke.blogspot.com/p/forecasts.html>

- Keep house closed with windows shut and designate main door for use.
- If possible, set air conditioner to re-circulate and fresh-air intake closed or turn them off.
- Use a High-Efficiency Particulate (HEPA) filter on your AC if possible.
- Portable air cleaners are recommended though you may need more than one to be effective.
- Stay hydrated, and avoid Heat Exhaustion and Heat Stroke

AirNow – Monitor data plus other resources to observe current air conditions

<https://www.airnow.gov/>

InciWeb – Incident Information System – A source of information on current fires including status and perimeter maps when applicable.

<https://inciweb.nwcg.gov/>