

MEDIA RELEASE

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Smoke Ready Week

June 12–16 is Smoke Ready Week, a time to take preventative measures to protect your family and yourself. The Kittitas County Public Health Department (KCPHD) is advising the public to get ready now for smoke that could make the air harmful to breathe.

Are you ready for smoke? Use the following Smoke Ready Checklist to prepare.

- Stay informed: keep up to date with local air quality reports and weather forecasts at Department of Ecology [Smoke Ready](#), [Air Quality Program](#) or AirNow at [Fire and Smoke Map](#).
- Mitigate exposure: discuss with your doctor whether wearing a N95 respirator or a "particulate respirator" while engaging in outdoor activities is appropriate for you.
- Optimize indoor air quality: close windows and doors. Use air purifiers (purchased or homemade) and avoid activities that generate indoor air pollution. How to [Create a Clean Room to Protect Indoor Air Quality During Wildfire](#).
- Keep a smoke readiness plan: develop a specific plan for household members who are sensitive to smoke, such as individuals with respiratory issues or the elderly.
- Emphasize mental health: consider ideas to stay mentally strong during a smoke event, such as meditation, connecting with loved ones, or seeking support from mental health professionals if needed.
- Follow us at [Kittitas County Public Health Facebook](#) for more information on Smoke Ready Week.

When smoke is present, it's essential to minimize exposure by monitoring the forecast and air quality index, limiting outdoor activity, and maintaining as clean an indoor environment as you can. Fine particles and gases, such as particulate matter, carbon monoxide, and volatile organic compounds are present in wildfire smoke. Smoke exposure can result in a variety of health issues, ranging in severity from mild to severe. People who have pre-existing diseases, young children, pregnant women, people over 65, and those who suffer from heart and lung problems may be more vulnerable to wildfire smoke. Headaches, itchy eyes, runny noses, and breathing difficulties are some of the less serious symptoms. Your health will be improved if you have a technique to filter the air within. It is important to purchase supplies in advance of smoky conditions because they frequently sell out quickly.

Keep up on wildfire activity and air quality so that you can make the best choices for your family's health.

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