



# Media Release

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## Air Quality Conditions

**Yakima, WA-** Due to nearby wildfires, Yakima County is seeing poor air quality conditions. Community members should take additional steps to keep themselves safe from the smoke. The [Washington Smoke Information website](#) has a statewide map of air quality for individuals to stay up to date. The map uses [color-coded categories](#) to report when air quality is good, moderate or unhealthy.

Breathing in wildfire smoke can cause health issues, including sore throat, headaches, burning eyes, coughing, wheezing, shortness of breath and chest pain. Sensitive groups such as children and adults over 65, those with heart and lung diseases, respiratory illnesses, recent stroke victims, pregnant women and smokers, are particularly at risk.

### How to Reduce Exposure to Smoke:

- **Stay indoors** and keep windows and doors closed.
- **Improve indoor air filtration:** Upgrade to a MERV 13 filter in your HVAC system or use a HEPA portable air cleaner.
- **Avoid indoor pollutants:** Do not burn candles or incense, smoke indoors, or vacuum.
- **Use air conditioners on recirculate mode** in homes and vehicles.
- **Seek indoor shelter** or public places with monitored air quality if home air quality cannot be improved.
- **Utilize public places with air conditioning** if you cannot keep your home cool on hot, smoky days.
- **Check air quality conditions** before traveling or attending outdoor events.
- **Choose indoor activities** when air quality is unhealthy. Choose indoor exercise instead of outdoor exercise
- **Consider wearing an N95 or N100 mask** if you must be outside for extended periods of time.

**Additional Information**

[Washington Smoke Information website](#)

[Washington State Department of Health: Smoke from Fires](#)

[Infographic on Air Quality Conditions](#)

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