

NEWS RELEASE
September 5, 2017
MASON COUNTY COMMISSIONERS
411 NORTH 5TH ST
SHELTON, WA 98584

TO: KMAS, KRXY, SHELTON-MASON COUNTY JOURNAL, THE OLYMPIAN, SHELTON CHAMBER OF COMMERCE, NORTH MASON CHAMBER OF COMMERCE, CITY OF SHELTON, ECONOMIC DEVELOPMENT COUNCIL, THE SUN

RE: Protection During Poor Air Quality

Mason County is currently experiencing unhealthy air conditions for sensitive groups that could continue throughout next week due to the fires. Those groups include people with heart and lung disease or stroke, older adults, pregnant women and children who are all at greater risk from the presence of particles in the air. Staying indoors or relocating to a place with better air quality is the best form of protection for these sensitive groups or others that are concerned about the current air quality conditions.

The Mason County Public Health Department encourages everyone living in Mason County (and neighboring areas affected by smoke) to:

- Limit outdoor activity, staying indoors if possible,
- Avoid outdoor physical activity,
- Keep doors and windows closed in buildings and cars,
- Set air conditioning to “recycle” or “recirculate,”
- Consider spending time or re-locating temporarily to a location with better air quality if you are experiencing negative symptoms related to the air quality.

Adverse symptoms may include dizziness, headache, difficulty breathing, coughing, excessive phlegm, and nausea. Please contact your health care provider if you experience any of these symptoms. This recommendation applies to everyone when the air quality is in the unhealthy, very unhealthy, or hazardous range, but it is especially important for sensitive groups.

N-95 or P-100 masks can provide limited protection from the small particulate matter found in wildfire smoke if worn and fitted properly. Bandanas (wet or dry), paper or surgical masks, or tissues held over the mouth and nose will not protect your lungs from wildfire smoke. Individuals with heart or lung conditions should consult with their health care provider before using a mask. Masks are not designed to fit children properly and should not be used for children as they will not provide protection. Children should be kept indoors. Mason County Public Health has N-95 masks available to adults with respiratory health conditions such as asthma or emphysema if needed.

Refer to <http://wasmoke.blogspot.com/> for updated fire **situation information** from the Dept. of Ecology. For further information, you can contact Mason County Public Health & Human Services at (360) 427-9670 ext 400 (Shelton) or 360-275-4467 (Belfair)

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Public Health