



September 7, 2017

Puget Sound Clean Air Agency: 206-343-8800

Snohomish Health District: 425-339-8688

Seattle & King County Public Health: 206-263-8698

Tacoma/Pierce Health Department: 253-798-2954

Kitsap Public Health: 360-728-2205

Air Quality and Health Update from PSCAA and Local Health Jurisdictions Thursday, September 7, 2017

UPDATE: Air quality remains mostly moderate throughout the Puget Sound region as it was yesterday. Because of upper level smoke, the air still appears murky. The good news is the region might begin to see a little clearing this afternoon.

Some areas closer to the fires in the Cascades are UNHEALTHY FOR SENSITIVE GROUPS, including North Bend, Enumclaw, and Darrington. People in these areas should limit time spent outdoors and take necessary precautions.

Smoke may still move in from the coast, so air pollution might linger into tomorrow. By Saturday, a stronger weather system will move in and should bring most of the region back to GOOD.

Puget Sound Clean Air Agency (PSCAA) and the health jurisdictions of Snohomish, King, Pierce, and Kitsap counties, are committed to providing residents the best health information to make decisions for their families.

It is important to distinguish between smoke and the ash that people are seeing on cars and in the air. Smoke is fine particulate matter that is mostly invisible to the human eye but dangerous because it is so small it can penetrate deep into the lungs. Ash is large particulate matter which is visible, but cannot penetrate deep into the lungs. Each can have different health impacts. The human body is better equipped to filter out larger particles because of the hairs in your nose or when you close your mouth or eyes.

During times of poor air quality, **people in sensitive groups should monitor air quality and limit time spent outdoors.** These groups include:

- Adults older than 65.
- Pregnant women.
- Infants and children.

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- People with heart or lung disease, such as asthma or Chronic Obstructive Pulmonary Disease (COPD).
- People with diabetes.
- People who have had a stroke.

Conditions may change quickly today across the region depending on your location. Check the graphic on the PSCAA's home page for up-to-date air quality information.

How to use the graphic on PSCAA website: www.pscleanair.org

1. On the home page find your county/location on the left-hand side and click on it.
2. Find your group - Healthy Adults or Sensitive Groups
3. Determine your activity level to see what is recommended.

Other resources from the Washington State Health Department:

<http://www.doh.wa.gov/CommunityandEnvironment/AirQuality/SmokeFromFires>