



Chelan-Douglas Health District

200 Valley Mall Parkway, East Wenatchee, WA 98802

FOR IMMEDIATE RELEASE

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Wildfire Smoke & Unhealthy Air Quality

East Wenatchee, WA – Due to the current wildfire activity involving White River and Irving Peak fires, Public Health officials advise Chelan and Douglas county residents to stay indoors during periods of unhealthy air quality.

Air quality around the Lake Wenatchee, Plain and Leavenworth area is expected to be in and out of the unhealthy stages over the next several days. The best way to protect yourself is to stay indoors and keep your indoor air clean by [improving filtration](#) and [creating a clean air room](#) in your home.

Smoke from wildfires can cause problems even if you are healthy. If you are experiencing serious symptoms, please seek medical attention immediately. Symptoms related to unhealthy air quality may include:

- Watery or dry eyes
- Coughing/wheezing or throat/sinus irritation
- Shortness of breath
- Headaches
- Irregular heartbeat and chest pain

Stay informed of the latest wildfires and local air quality by visiting the Washington Smoke Blog at: <https://wasmoke.blogspot.com/>.

To stay informed on local public health, visit www.cdhd.wa.gov and follow CDHD on [Facebook](#), [Twitter](#) and [Instagram](#).

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