Chelan-Douglas Health District
200 Valley Mall Parkway, East Wenatchee, WA 98802

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Unhealthy Air Quality & Labor Day Weekend

East Wenatchee, WA – Unhealthy air quality in Chelan and Douglas County is expected to improve on Saturday, September 3 and through the Labor Day holiday.

According to the Washington Smoke Information Blog, air quality index monitors in Leavenworth and Orondo are currently reading "unhealthy". This means: **everyone should reduce exposure. Limit time outside, avoid strenuous outdoor activity, and follow tips for cleaner indoor air.**

The best way to protect yourself is to stay indoors and keep indoor air clean by closing windows and doors, avoiding indoor air pollution like vacuuming and burning candles, 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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