



AIR QUALITY ADVISORY FOR CHEHALIS RESERVATION

Smoke from surrounding wildfires has created unhealthy air quality conditions. Current Conditions (as of 8:00am on 8/5/26) indicate that the air quality may be:
Unhealthy for Sensitive Groups
Poor Air Quality Conditions are predicted to continue through Thursday

Sensitive groups include:

People with asthma, heart, lung disease, or diabetes.
Infants and children.
Adults older than 65.
Pregnant women.
Those who have had a stroke.
Anyone with sensitive/compromised health conditions.

The smoke is expected to improve a little on Thursday and a little more on Friday. Sensitive Groups should take the following steps to protect themselves:

1. **Limit time spent outdoors and avoid strenuous physical exertion outdoors.**
2. **Stay indoors and keep indoor air as clean as possible.**
 - Run air conditioners and air cleaners. Use a high-efficiency particulate air (HEPA) filter to reduce indoor air pollution. A HEPA filter may reduce the number of irritating fine particles in indoor air. A HEPA filter with charcoal will help remove some of the gases from the smoke.
 - Avoid activities that increase indoor pollution such as indoor air fresheners, burning candles, using fireplaces, or gas stoves. Vacuuming can also stir up particles already inside your home, contributing to indoor pollution. Smoking also puts even more pollution into the air.
3. **Keep an eye on your symptoms.**
 - If you have asthma or other lung diseases, make sure you follow your doctor's directions about taking your medicines and follow your asthma management plan. Call your health care provider if your symptoms worsen.
 - Smoke can cause coughing, scratchy throat, irritated sinuses, shortness of breath, chest pain, headaches, stinging eyes, and runny nose.
 - If you have heart or lung disease, smoke might make your symptoms worse, including chest pain, a rapid or irregular heartbeat, shortness of breath, and fatigue and you should call 911 immediately.

For more safety tips visit <https://www.airnow.gov/wildfires/when-smoke-is-in-the-air/>

Please call the Chehalis Tribal Wellness Clinic at 360-273-5504 if you have any health questions or concerns (Monday – Friday) or call 911 if you have severe symptoms.