

DHD#10 ADVISING RESIDENTS TO TAKE PRECAUTION DURING LOW AIR QUALITY PERIOD

June 27, 2023 – District Health Department #10 (DHD#10) is encouraging residents with sensitive breathing conditions to take precautions based on current air conditions. The Michigan Department of Environmental, Great Lakes, and Energy (EGLE) has issued an air quality alert for the entire state today, Tuesday, June 27, 2023.

Due to widespread wildfires in Canada, smoke plumes that contain small particles are moving through the atmosphere and our impacting air quality. **Currently, air quality in the DHD#10 jurisdiction is rated as “Hazardous for Everyone.”** To access and monitor air quality levels on a Fire and Smoke Map, visit <https://fire.airnow.gov>.

“We’re asking residents to be vigilant until the air quality conditions improve,” said Kevin Hughes, Health Officer for DHD#10. “Please make sure you’re taking the proper precautions to limit your exposure, especially older adults, children, and people who are pregnant or have lung and heart conditions.”

Anyone can get sick from exposure to wildfire smoke. DHD#10 is advising its residents to:

- Stay inside
 - The best action people can take to protect their health from wildfire smoke is to stay inside with the doors and windows closed using good air filtration (MERV-13 or better) for vents and cooling systems.
- Use air filters to improve indoor air quality
 - Whether you have a central air conditioning system or a portable room unit, use high efficiency filters to capture fine particles from smoke.

Below are color-coded explanations of how AirNow.gov determines the region’s current air quality:

Very Unhealthy: for Everyone air quality for PM 2.5 index of 201 – 300

All people should avoid long or intense outdoor activities. People with heart or lung disease, older adults, children and teenagers, minority populations, and outdoor workers should avoid all physical outdoor activities. Reschedule outdoor activities or move them indoors. Watch for symptoms such as coughing or shortness of breath. For people with asthma, follow your action plan and keep quick relief medicine handy. For people with heart disease, symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your healthcare provider.

Hazardous for Everyone: air quality for PM 2.5 index of 301 – 500



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All people should avoid all physical activities outdoors. People with heart or lung disease, older adults, children and teenagers, minority populations, and outdoor workers should remain indoors and keep activity levels low. Watch for symptoms such as coughing or shortness of breath. For people with asthma, follow your action plan and keep quick relief medicine handy. For people with heart disease, symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.

Lesser levels and their definitions:

Moderate: air quality for particulate matter (PM) 2.5 Index of 51- 100

Those who are unusually sensitive to particle pollution should consider making outdoor activities shorter and less intense. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier. For everyone else, it's a good day to be outside.

Unhealthy for Sensitive Groups: air quality for PM 2.5 index of 101 - 150

People with heart or lung disease, older adults, children and teenagers, minority populations, and outdoor workers should make outdoor activities shorter and less intense. It's okay to be active outdoors but take more breaks. Watch for symptoms such as coughing or shortness of breath. For people with asthma, follow your action plan and keep quick relief medicine handy. For people with heart disease, symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.

Unhealthy for Everyone: air quality for PM 2.5 index of 151 - 200

All people should reduce long or intense outdoor activities and take more breaks. People with heart or lung disease, older adults, children and teenagers, minority populations, and outdoor workers should avoid long or intense outdoor activities. Consider rescheduling or moving activities indoors. Watch for symptoms such as coughing or shortness of breath. For people with asthma, follow your action plan and keep quick relief medicine handy. For people with heart disease, symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.

Please visit [AirNow.gov](https://www.airnow.gov/) for additional information and updates:
<https://www.airnow.gov/>.

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