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FOR IMMEDIATE RELEASE

Summit County Public Health would like to remind Summit County children, pregnant persons, older adults and individuals who suffer from diabetes, heart disease or respiratory disease to take precautions as the smoke from the Canadian wildfires impacts Summit County.

AKRON, OHIO, the Akron Regional Air Quality Management District (ARAQMD), a service of Summit County Public Health (SCPH), would like to take the opportunity to remind Summit County residents to take precautions and avoid being outside as much as possible and try to limit outdoor physical activity over the next twenty-four hours as the smoke from the Canadian wildfires enters Ohio again for the second time in three weeks and is causing very poor air quality across the state. Wildfire smoke contains hazardous pollutants that include toxic gases and particulate matter, solid particles and liquid droplets that are produced when these fires burn through trees, buildings and other materials. While some particulate matter can be easily seen in the form of soot, smoke also carries smaller particles that can infiltrate the human body and affect health.

Breathing in smoke can have immediate health effects, including:

- Coughing
- Trouble breathing normally
- Stinging eyes
- Scratchy throat
- Runny nose
- Irritated sinuses
- Wheezing and shortness of breath
- Chest pain
- Headaches
- Asthma trigger
- Tiredness
- Fast heartbeat





Older adults, pregnant persons, children, and people with preexisting respiratory and heart conditions may be more likely to get sick if they breathe in wildfire smoke.

According to the Centers for Disease Control and Prevention (CDC) use these tips to protect yourself from breathing wildfire smoke:

1. Pay attention to local air quality reports and watch for health warnings about smoke. Take extra precautions such as limiting outdoor activity, especially exercise.
2. Pay attention to air visibility guidelines.
3. As it is recommended, stay indoors and keep your indoor air as clean as possible. Keep windows and doors closed unless it is very hot outside. Run an air conditioner if you have one, but keep the fresh air intake closed and the filter clean to prevent outdoor smoke from getting inside. Seek shelter somewhere else if you do not have an air conditioner and it is too warm to stay inside with the windows closed.
4. Use a freestanding indoor air filter with particle removal to help protect vulnerable individuals.
5. Do not add to indoor pollution. When smoke levels are high, do not use anything that burns, such as candles and fireplaces. Do not vacuum, because vacuuming stirs up particles already inside your home. Do not smoke tobacco or other products, because smoking puts even more pollution into the air.
6. Stay hydrated by drinking plenty of water. If your eyes, nose or throat are irritated, running a humidifier may provide some relief.
7. Follow your doctor's advice about medicines and about your respiratory management plan if you have asthma or another lung disease or cardiovascular disease. Call your doctor immediately if your symptoms worsen.
8. Do not rely on dust masks for protection, these masks will not protect your lungs from smoke particles.
9. Avoid smoke exposure during outdoor recreation. If conditions are considered unhealthy avoid or limit your outdoors exposure time.
10. Those with asthma are encouraged to carefully follow your asthma action plan, if you have one. Make sure you have enough medication for several days.

For more information regarding real-time air quality visit www.AirNow.gov , or <http://scph.org/air-quality> and for tips to stay safe during poor air quality visit the following site: <https://www.cdc.gov/disasters/wildfires/smoke.html>.

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