



NEWS RELEASE

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Air Quality Advisory

Due to the continued burning of wildfires throughout Oregon and the Pacific North West the current air quality index for Pendleton remains at **“Very Unhealthy”**. According to the Oregon Department of Environmental Quality this means that **“People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion”**. In these conditions even some healthy people can have breathing problems. People with asthma, lung and heart disease have an increased risk of symptoms or worsening of their disease. Studies show the number of people hospitalized for lung diseases can be 50 percent more than normal.

Everyone should stay indoors, do only light activities, and keep windows closed if it is not too hot. Run air conditioners on re-circulate and close the outside air intake. Use indoor air cleaners with HEPA filters, if available. If you must be outdoors, wear an N-95 respirator mask. People with chronic diseases should check with their health care provider before wearing a mask. People with asthma, lung and heart disease, or have had a stroke should check with their health care provider for advice about leaving the area. Anyone with shortness of breath, wheezing, chest pain, heart palpitations, extreme fatigue, or difficulty moving or speaking should call their health care provider or call 911.

The Umatilla County Health Department therefore advises communities throughout Umatilla County to continue to limit outdoor exercise and to stay indoors in well ventilated areas to the extent possible.

Guidance on outdoor activities for school children can be found at’
<https://apps.state.or.us/Forms/Served/lc8815h.pdf>

Oregon continues to monitor air quality throughout the state and updated reports can be found at the Oregon Department of Environmental Quality web site:
https://airnow.gov/index.cfm?action=airnow.local_city&mapcenter=0&cityid=727

Additional information can be found at:
<http://oregonsmoke.blogspot.com/>

Umatilla County Health Department will continue to monitor the air quality reports and issues warnings and press releases as indicated by changes in the situation.

Please contact the Department if you have further questions or concerns regarding air quality or any other health matter.

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