

## AIR QUALITY ADVISORY FOR WATSON LAKE

A wildfire is currently active in the Watson Lake area. It is possible that wildfire smoke will blow into Watson Lake or nearby communities. If smoke lingers in the community, it can be a health hazard. Please observe the following recommendations:

- Due to smoky conditions from wildfires, individuals may experience symptoms such as increased coughing, throat irritation, headaches or shortness of breath. If you are experiencing symptoms, limit outdoor activity and/or strenuous physical activity; if breathing becomes difficult or uncomfortable, stop or reduce the activity.
- Make sure you identify and support those who are more at-risk from the impacts of wildfire smoke. These include small children, elders, pregnant women, and those with lung or heart disease.
- If you have a health condition that could worsen with the smoke (asthma, chronic lung disease or COPD, or heart disease) check in with your health care provider to make sure that you have a plan for managing your condition should it get worse. Make sure your medications and supplies are available and up-to-date.
- Reduce exposure to smoky air by staying indoors and turning on an air cleaner with a HEPA filter, if you have one. Keep indoor air as clean as possible by avoiding smoking or burning other materials. People needing assistance with keeping their home air clean and cool can get help at [www.hss.gov.yk.ca/pdf/createacleanerairshelter.pdf](http://www.hss.gov.yk.ca/pdf/createacleanerairshelter.pdf).
- If the smoke gets intense and stays in the community, a cooling and clean air shelter will be set up. Find out more from [www.hss.gov.yk.ca/wildfiresmoke.php](http://www.hss.gov.yk.ca/wildfiresmoke.php). When feeling too hot or experiencing any of the above symptoms, you may use the cooling and clean air shelter, which will be open according to smoke conditions.
- If your symptoms worsen or you are concerned about your health or the health of a friend/family member, contact the health line at 811, contact your health care provider, or go to the emergency department of the hospital.

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