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**Released: June 8<sup>th</sup>, 2023**

## **The Delaware County Health Department Urges All Residents to Avoid All Physical Activity Outdoors Due Wildfire Smoke**

Due to wildfire smoke and haze from Canada, air quality conditions in Delaware County have reached hazardous levels today June 8<sup>th</sup>, 2023. Although air quality levels may improve throughout the day the Delaware County Health Department is urging all residents to avoid all physical activity outdoors. Sensitive groups such as those with lung disease (asthma), preexisting health conditions, children, and older adults should remain indoors and keep activity levels low. Because of these conditions and elevated particulate matter in the air, poor air quality can be hazardous to anyone. Consider wearing a high-quality mask, like an N-95 or KN-95 mask if you need to be outside. Properly sealed N-95/KN-95 are highly effective at reducing particulate matter from inhalation.

When particle levels are high outdoors, they can be high indoors too. Keep particles levels lower indoors by:

- Reduce your use of fireplaces and wood stoves. And do not use candles or smoke indoors.
- Use HEPA air filters (<https://www.epa.gov/indoor-airquality-iaq>) in your HVAC system.
- Use portable air cleaner designed to reduce particles indoors.

Children, including teenagers, are at higher risk because they often play outdoors in warmer weather, they are more likely to have asthma and their lungs are still developing.

Older adults may be more affected by poor air quality, possibly because they are more likely to have pre-existing lung disease.

Contact your medical provider if you are experiencing new or unusual respiratory symptoms. Residents can help each other by checking on our older family members, friends, and neighbors' safely or by phone.

Stay up to date via the Delaware Valley Regional Planning Commission's Air Quality Partnership at [www.airqualitypartnership.org](http://www.airqualitypartnership.org). Residents can also check current air quality monitor readings here: <https://fire.airnow.gov/#>

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