

**NEWS RELEASE**  
**September 3, 2006**

**MASON COUNTY DEPARTMENT OF HEALTH SERVICES**  
**PO Box 1666**  
**SHELTON, WA 98584**  
**(360) 427-9670 EXT. 260**

**TO: KMAS, KRXY, SHELTON-MASON COUNTY JOURNAL, THE OLYMPIAN, SHELTON CHAMBER OF COMMERCE, NORTH MASON CHAMBER OF COMMERCE, CITY OF SHELTON, ECONOMIC DEVELOPMENT COUNCIL, THE SUN**

**RE: Your Health and Smoke from Fires**

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With fires burning around Hoodspart, in the Cushman and Dewatto areas, residents are reminded to protect themselves from smoke. Breathing smoke can be harmful. The main health concern from short-term exposure to smoke comes from breathing small particles and gases. Eye and respiratory tract irritation are common effects of breathing smoke.

Recommendations from the State Department of Health to protect yourself from smoke include:

- Stay inside and keep the windows and doors closed.
- Use the recycle or recirculate mode on the air conditioner in your home or car.
- If you do not have air conditioning and temperatures are high, staying indoors with the windows closed may be dangerous in extremely hot weather. At such times, consider leaving the area or staying with friends or family who live elsewhere.
- Avoid using anything indoors that burns, including wood stoves and gas cook stoves and candles.
- Don't smoke: this puts more pollution in your lungs – and those of the people around you
- Avoid physical exertion.
- Contact your health care provider if you have symptoms of cardiovascular or lung problems.

The young, the elderly, and people with cardiovascular disease and/or pulmonary disease are especially susceptible to health problems from smoke and should take special precautions.

If you have questions, please contact Debbie Riley, at (360) 427-9670 extension 358.

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Steve Kutz, BSN, MPH  
Director, Health Services