

## NEWS RELEASE

For Immediate Release:  
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### **North Dakota Department of Health Urges Caution During Smoky Conditions**

BISMARCK, N.D. – The North Dakota Department of Health (NDDoH) urges residents, especially those with respiratory conditions, to consider limiting prolonged outdoor activities while smoky conditions remain across the region.

Wildfires in western Montana are sending smoke across North Dakota and other parts of the United States. Particulate matter climbed overnight to elevated levels across North Dakota, with the highest levels found in the western and central portions of the state. Particulate matter consists of extremely small particles of ashes and soot found in the air.

Particulate matter can be irritating to the respiratory system, especially for those who suffer from chronic obstructive pulmonary disease (COPD) or conditions such as asthma and allergies. The NDDoH advises people with respiratory conditions, the elderly and young children to limit prolonged outdoor exposure. People reacting to smoke to the extent that it is affecting breathing should seek immediate help from a medical provider.

For up-to-date information on the region's current air quality and tips on respiratory protection during a smoke event, visit <http://www.ndhealth.gov/AQ/Wildfire.aspx>.

For more information, contact Chuck Hyatt, North Dakota Department of Health, at 701.328.5188.

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