



# Northern Inter-Tribal Health Authority Inc.



July 9, 2021 13:00HRS

## Public Service Announcement – Wild Fire Smoke Advisory

Northern Inter-Tribal Health Authority (NITHA) public health officials are advising northern residents to take precautions as smoke from forest fires are spreading across Northern Saskatchewan resulting in poor air quality particularly around communities in the Far Northwest.

Smoke concentrations will vary widely as winds, fire behavior and temperatures change. Children, seniors, and those with heart or lung diseases, such as asthma, are potentially at risk.

“Smoke can cause increased coughing, throat irritation, headaches and shortness of breath” said Dr. Nnamdi Ndubuka, Medical Health Officer for NITHA. “Monitor your symptoms and seek medical attention if you get worse, particularly if you have a pre-existing respiratory condition.”

The following measures can be implemented especially if you have lung or heart trouble, are elderly or very young:

- Remain indoors during times that there is smoke in the air;
- If you have fresh air shelters in your community, please utilize as directed by local health officials;
- Keep doors and windows closed – if cooling is needed, use a fan or air-conditioning, if available;
- Reduce exercise and activity, especially outdoors;
- Be aware that outdoor events may be postponed or cancelled if smoke levels are elevated;

If you are experiencing increasing symptoms, more than irritation in the eyes, nose or throat, please see your local health worker or call HealthLine at 811 (from land line) or 1-877-800-0002 (from cell phone) at any time.

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