



# Northern Inter-Tribal Health Authority Inc.



June 5, 2023 14:30HRS

## **Public Service Announcement – Wild Fire Smoke Advisory Rescinded – Deschambault Lake**

Northern Inter-Tribal Health Authority (NITHA) public health officials have rescinded a wild fire smoke advisory for Deschambault Lake following sustained improvement in air quality.

The initial advisory was issued on May 25, 2023 following poor air quality due to smoke from forest fires. While the smoke advisory has been rescinded, Dr. Nnamdi Ndubuka, Medical Health Officer for NITHA continue to advise residents to take precautions as smoke from forest fires are resulting in poor air quality at any time.

“Smoke can cause increased coughing, throat irritation, headaches and shortness of breath” said Dr. Nnamdi Ndubuka. “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.

For more information about smoke and wildfires, visit: [www.nitha.com](http://www.nitha.com)

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