

## **NEWS RELEASE**

For Immediate Release:  
July 20, 2018

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### **Department of Health Warns Residents about Wildfire Smoke in Eastern North Dakota**

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 eastern part of the state.

Wildfires in central Canada are sending smoke across eastern North Dakota and parts of western and central Minnesota. Particulate matter has been increasing over the last few hours across eastern North Dakota. 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 [https://airnow.gov/index.cfm?action=topics.smoke\\_wildfires](https://airnow.gov/index.cfm?action=topics.smoke_wildfires).

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*Please note: To access archived news releases and other information, visit the North Dakota Department of Health Press Room at [www.health.nd.gov/news-media/news-releases](http://www.health.nd.gov/news-media/news-releases). Find us on Facebook at [www.facebook.com/ndhealth](http://www.facebook.com/ndhealth) or Twitter at [twitter.com/nddoh](http://twitter.com/nddoh).*