



# ALERT

## Forest Fire Smoke & Your Health \*Parry Sound 33 Forest Fire\*

### NEWS RELEASE – July 28, 2018

As of 3:00 pm on July 28th, the Municipality of Killarney would like to provide a further update. The Parry Sound 33 forest fire is 7 km South of Hartley Bay Road and 6.5 km west of Hwy. 69.

**Please be alerted that Hartley Bay Road may be placed on a mandatory evacuation order and you may have to evacuate on short notice.**

#### What's in forest fire smoke?

Forest fire smoke is made up of a mixture of gases and very small particles that are produced when wood and other organic matter burn. These small particles and gases can be harmful to your health.

#### How can I protect myself and minimize the health effects of fire smoke?

- If forest fire smoke is affecting your breathing or making you uncomfortable in others ways, move to a less smoky area if possible. This may include going indoors or simply moving to an outdoor area with increased clean air flow.
- Homes can get really hot with the windows closed. If you do go indoors to get out of the smoke, be sure that the temperature indoors doesn't create additional problems for you. Use air conditioning if it is available and be sure to drink plenty of water to stay hydrated.
- If it is smoky outside, it is best not to go outdoors to do physical activity. This is a good time to stay indoors with the windows closed.
- If you have a high-efficiency particulate air (HEPA) cleaner that will reduce levels of small particles in indoor air, use it and stay in the room where it is located.
- Use air conditioning in cars and keep windows closed. Remember, vehicles should never be run in an enclosed space like a garage.
- Avoid using smoke producing appliances such as wood stoves and even candles.
- Do not smoke tobacco inside - smoking puts added stress on your lungs and those around you.
- If you have asthma or other respiratory conditions, be vigilant about avoiding smoke and taking your prescribed medicine. Speak with your health care provider to get the specific advice that is right for you.
- Check on your neighbours, particularly the elderly and people with disabilities.

**Who is most at risk?**

- Children, seniors and pregnant women have a greater risk of adverse health effects than others. If you are pregnant, your healthcare provider has the best advice for you.
- People who have chronic heart or lung problems are also at greater risk. These individuals may feel the effects of smoke earlier and worse than others in the community.
- People who are very active doing work or sports outside are also at higher risk of adverse health effects.

**Are you having difficulty breathing or have other symptoms?**

If you experience difficulty breathing or other symptoms that you cannot control by getting out of the smoke, consult your healthcare provider or call Telehealth Ontario (1-866-797-0000 or text telephone (TTY) at 1-877-797-0007). Any immediate emergency, call 911.

If you feel that you need to leave your residence and the area away from the smoke, at either a friend's or relative's residence, please inform the Municipal Office by calling 705-287-2424 (leave a message if no answer) or by email at [cbeauvais@municipalityofkillarney.ca](mailto:cbeauvais@municipalityofkillarney.ca)

**Where can I learn more about local conditions and in case of an imminent threat?**

Local conditions can change quickly. Please be assured that if an evacuation or an alert relating to a potential evacuation would be required, warnings and information would be given on local media (radio, TV, internet) and/or door to door notification.

Any further News Release Updates will be shared on our Municipal Website  
<http://www.municipalityofkillarney.ca>

**For additional information, please refer to the following agencies:**

**Ontario Ministry of Natural Resources and Forestry** - for latest information on active fires  
<https://www.ontario.ca/page/forest-fires>

**Ministry of Health and Long-Term Care** - Forest Fire Smoke and Your Health  
[http://www.health.gov.on.ca/en/public/programs/emu/fire\\_mn.aspx](http://www.health.gov.on.ca/en/public/programs/emu/fire_mn.aspx)

**Sudbury & District Public Health** - Wildfires  
<https://www.phsd.ca/health-topics-programs/emergencies-being-prepared/fires>

**Emergency Preparedness** - Emergency Preparedness Guide for 72 Hours  
<https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/yprprdnssgd/index-en.aspx>

**Dated Saturday, July 28, 2018 at 3:00 pm at the Killarney Municipal Office**