

# **PUBLIC HEALTH AIR QUALITY ADVISORY**

## **FOR IMMEDIATE RELEASE: Public Service Announcement**

### **Navajo Department of Health Issues Air Quality Advisory**

**WINDOW ROCK, NAVAJO NATION (July 15, 2025)** – The Navajo Department of Health (NDOH) is issuing a Public Health - Air Quality Advisory-PHAQ-001-25 for the entire Navajo Nation due to elevated particulate matter from smoke due to recent wildfires in the area.

#### **Sources of Air Pollution on the Navajo Nation can include:**

Wildfires (both on and off the Nation)

#### **What You Need to Know:**

Some localized areas might be experiencing elevated Air Quality measures: "Moderate" or even "Unhealthy for Sensitive Groups" due to specific factors. This means that the air contains levels of pollution that can be harmful to your health, especially for certain individuals.

#### **Who is Most Affected by Air Quality from Smoke from Fires?**

Children and infants

Elderly individuals

People with heart or lung conditions (such as asthma, COPD, or heart disease)

Individuals with respiratory infections

Outdoor workers

#### **Public Health Recommendations for All Residents:**

- Limit outdoor activities: Reduce prolonged or heavy exertion outdoors.
- Stay indoors: Keep windows and doors closed to prevent outdoor air from entering your home.
- If you must be outdoors: Consider wearing a high-quality mask (such as an N95 or KN95) to reduce inhalation of pollutants.
- Stay hydrated: Drink plenty of water.
- Monitor your symptoms: If you experience coughing, shortness of breath, wheezing, or chest pain, seek medical attention.

#### **To improve Indoor Air Quality:**

- Use fans or air conditioning to stay cool.
- Designate a "clean room" in your home where air can be filtered or kept smoke-free.
- Avoid indoor activities that generate smoke, such as burning candles, smoking, or frying foods.

#### **Specific Recommendations for Sensitive Groups:**

- Avoid all outdoor physical activity.
- Remain indoors in a clean air environment. If you have an air purifier, use it.
- Follow your doctor's advice regarding medication and management of pre-existing conditions.

**For More Information & Monitoring Air Quality:**

NNDOH encourages all residents to be proactive and to stay informed about local air quality conditions. Listen to your local news or contact your local health department.

Please contact the Navajo Nation Department of Health at (928) 871-6349 or (928) 871-6525 or visit:

<https://navajoepa.org/air-quality-control-program>

<https://www.env.nm.gov/data/>

<https://azdeq.gov/>

<https://www.airnow.gov/>

<https://www.epa.gov/air-quality/wildland-fires-and-smoke>

[Current Smoke Outlook for North Central Arizona](#)

Protecting our air is a shared responsibility. By taking these precautions, we can help safeguard the health of our families and communities.