

AIR QUALITY HEALTH ADVISORY -- SMOKE

Tuesday, November 13 through Friday, November 16, 2018

Plumas, Sierra and Nevada County

Public Health Officials and the Northern Sierra Air Quality Management District are extending an air quality health advisory to notify the public of potentially poor air quality conditions in Plumas, Sierra and Nevada County through Friday resulting from the Camp Fire in Butte County. Conditions are expected to vary from Good to Very Unhealthy in some areas, depending on fire behavior and weather. Extended hazy periods in the Moderate to Unhealthy for Sensitive Groups range are likely, especially in the western portions of the three counties.

Exposure to elevated PM_{2.5} (fine particulate matter in smoke) concentrations can result in eye and throat irritation, headaches, nausea, shortness of breath, congestion, coughing, impaired lung function and chest pain, especially among sensitive individuals such as the elderly, children, people with asthma, people with heart or lung conditions, pregnant women and anyone who is exercising or working hard outdoors.

If you smell or see smoke around you, the following actions are recommended:

- Minimize outdoor activities even if you are healthy;
- Stay indoors with doors and windows closed to reduce your exposure; if you use an air conditioner or forced air heater/furnace, choose the "recirculate" setting if that is an option;
- People with asthma should follow their asthma management plan;
- People with heart disease, respiratory or chronic health issues should stay indoors;
- Contact your doctor if you have symptoms of cough, shortness of breath, chest pain, or severe fatigue;
- Keep airways moist and stay hydrated by drinking plenty of water;
- Avoid breathing additional smoke, such as from cigarettes or barbecues.

Near real-time air quality conditions may be found at www.sparetheair.com/wildfire or at www.myairdistrict.com (click on “Local Air Quality” in the lower middle portion). As you view the most recent data, take into consideration that conditions can change rapidly due to wind shifts; it is wise to monitor the smoke throughout the day and make plans accordingly.

To sign up for the Air Quality Health Advisory email list, please visit www.myairdistrict.com.

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