



WILDFIRE SMOKE INFORMATION

A joint message from the North Coast Unified Air Quality Management District (NCUAQMD) and partners

Updated, September 4, 2017
FOR IMMEDIATE RELEASE

Air Quality Alert

Hazardous Conditions

For the following areas:

In Humboldt County:

- Orleans, Weitchpec, and Hoopa are forecast “Hazardous” conditions for these communities in the Klamath River drainage.

In Trinity County:

- Weaverville and possible adjacent areas (Big Bar, Del Loma, Lewiston, Junction City, and Hayfork) are forecast “Hazardous” conditions with periods of “Very Unhealthy”.

Clean Air Shelters in Humboldt County:

- Weitchpec Tribal Office, Highway 96, Weitchpec. Hours are 8 a.m. to 6 p.m.
- Hoopa Neighborhood Facility, Hoopa Tribal Office, Highway 96, Hoopa, 8 a.m. to 6 p.m., M-F and this Holiday Weekend.

Clean Air Shelters in Trinity County:

- Veterans Memorial Hall, 101 Memorial Dr, Weaverville. Hours are 8 a.m. to 7 p.m.
- American Red Cross Evacuation Shelter, First Baptist Church, 1261 Main St., Weaverville.
- Hayfork Community Center, 154 Tule Creek Road, Hayfork. Hours are 8 a.m. to 7 p.m.

Clean Air Shelters in Del Norte County (see also <http://preparedelnorte.com>):

- Family Resource Center, 494 Pacific Ave, Crescent City (closed 8 p.m. to 10 a.m.)
- Tsunami Lanes Bowling Alley, 760 L Street, Crescent City (open during regular bowling alley hours posted at location)
- Xaa-wan'-k'wvt Village and Resort (formerly Ship Ashore), 12370 Hwy 101 N., Smith River (closed 8 p.m. to 6 a.m.)

Updates will be provided as conditions change, and people are recommended to restrict outdoor activities when possible. People are recommended to restrict outdoor activity.

Symptoms that may be related to excess smoke exposure include:

- Repeated coughing
- Shortness of breath or difficulty breathing
- Wheezing
- Chest tightness or pain
- Palpitations
- Nausea or unusual fatigue
- Lightheadedness

If you have any of the symptoms listed above, contact your health care provider. Please see the NCUAQMD's website at www.ncuaqmd.org for additional recommendations on limiting smoke exposure.

For 24-hour Air Quality Advisory Information, call the NCUAQMD's hotline toll-free at 1-866-BURN-DAY (1-866-287-6329), or visit the website at www.ncuaqmd.org.

Health Information for Smoke Impacts

Concentrations of smoke may vary depending upon location, weather, and distance from the fire. Smoke from wildfires and structure fires contain harmful chemicals that can affect your health. Smoke can cause eye and throat irritation, coughing, and difficulty breathing. People who are at greatest risk of experiencing symptoms due to smoke include: those with respiratory disease (such as asthma), those with heart disease, young children, and older adults.

These sensitive populations should stay indoors and avoid prolonged activity. All others should limit prolonged or heavy activity and time spent outdoors. Even healthy adults can be affected by smoke. Seek medical help if you have symptoms that worsen or become severe.

If you can see, taste, or feel smoke, contact your local health department and/or primary healthcare provider. This is especially important if you have health concerns, are elderly, are pregnant, or have a child in your care.

Follow these general precautions to protect your health during a smoke event:

- Minimize or stop outdoor activities, especially exercise
- Stay indoors with windows and doors closed as much as possible
- Do not run fans that bring smoky outdoor air inside – examples include swamp coolers, whole-house fans, and fresh air ventilation systems
- Run your air-conditioner only if it does not bring smoke in from the outdoors. Change the standard air conditioner filter to a medium or high efficiency filter. If available, use the “re-circulate” or “recycle” setting on the unit
- Do not smoke, fry food, or do other things that will create indoor air pollution

If you have lung disease (including asthma) or heart disease, closely monitor your health and contact your doctor if you have symptoms that worsen.

Consider leaving the area until smoke conditions improve if you have repeated coughing, shortness of breath, difficulty breathing, wheezing, chest tightness or pain, palpitations, nausea, unusual fatigue, lightheadedness.

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1-866-BURN-DAY (1-866-287-6329).**

**For further information, visit the District's website at
www.ncuaqmd.org**

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