



**NORTH COAST UNIFIED AIR QUALITY  
MANAGEMENT DISTRICT**  
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**FOR IMMEDIATE RELEASE**

Lightning has ignited fires in Southern Oregon. Smoke from these fires is drifting into Northern California. The main fires generating the smoke Northern California is experiencing are the Labrador and the Douglas Complex wildfires. Depending on your proximity to the fires, and the weather conditions, people in Northern California will be affected.

## **Wildfire Smoke Public Service Announcement**

Areas of wildfire smoke are predicted to impact the following regions:

- **Del Norte County**
- **Humboldt County**
- **Trinity County**

If you like (or plan travel) in the regions listed above, please watch for Air Quality Alerts issued for specific locations. Alerts are issued when unhealthy or hazardous conditions exist.

Air Quality Alerts can be heard by calling the North Coast Unified Air Quality Management District's 24-hour Air Quality Advisory Information hotline at **1-866-BURN-DAY** (1-866-287-6329). They can also be accessed at the District's website at [www.ncuaqmd.org](http://www.ncuaqmd.org). For air quality announcements, stayed tuned to your local radio, newspaper, and television.

Concentrations of smoke may vary depending upon location, weather, and distance to 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.

Children, the elderly, and those with respiratory disease or heart disease 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 immediately 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

For 24-hour Air Quality Advisory Information, call toll-free at

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

For further information, visit the District’s website at

[www.ncuaqmd.org](http://www.ncuaqmd.org)