



**NORTH COAST UNIFIED AIR QUALITY  
MANAGEMENT DISTRICT**  
2300 Myrtle Avenue, Eureka, CA 95501  
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<http://www.ncuaqmd.org>

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FOR IMMEDIATE RELEASE

## Air Quality Advisory

# Unhealthy Conditions

For the following area(s):

### Forks of Salmon, Sawyers Bar, and Karuk Tribal Lands

Smoke levels in these area(s) have been classified as *Unhealthy*. Smoke in this area is creating a health hazard. Smoke is being generated by the Southern Oregon fires and the Orleans and Salmon River Complexes in Northern California.

### **People are recommended to restrict any outdoor activity.**

Symptoms that may be related to excess smoke exposure include:

- |  |  |
|--|--|
| <input type="checkbox"/> repeated coughing | <input type="checkbox"/> shortness of breath or difficulty breathing |
| <input type="checkbox"/> wheezing          | <input type="checkbox"/> chest tightness or pain                     |
| <input type="checkbox"/> palpitations      | <input type="checkbox"/> nausea or unusual fatigue                   |
| <input type="checkbox"/> lightheadedness   |  |

If you have any of the symptoms listed above, contact your health care provider.

**Please see the District's General Public Service Announcement for recommendations on limiting smoke exposure.**

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)