



**NORTH COAST UNIFIED AIR QUALITY
MANAGEMENT DISTRICT**
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August 31, 2013

FOR IMMEDIATE RELEASE

Wildfire Smoke Public Service Announcement

Fires are active in Northern California and Southern Oregon. The main fires generating the smoke Northern California is experiencing are the Orleans, and Salmon River Complex fires, (now unified under the name Forks Complex), the Corral Complex, and the Big Windy Complex. Depending on your proximity to the fires, and the weather conditions, people in Northern California may be affected. Smoke patterns indicate that generally, smoke levels are highest in the afternoons between 1 pm and 5 pm.

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

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

If you live (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. For air quality announcements, stay tuned to your local radio, newspaper, and television. Siskiyou County Air Quality Information can be obtained at www.co.siskiyou.ca.us or 530-841-2134.

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.

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 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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For further information, visit the District’s website at

www.ncuaqmd.org