



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

## Air Quality Advisory

# Unhealthy Conditions

For the following area(s):

**Humboldt:** Orleans, Weitchpec, Karuk and Yurok Tribal lands.

**Siskiyou:** Forks of Salmon, and Somes Bar

Smoke levels in these area(s) have been classified as *Unhealthy*, and is creating a health hazard. Smoke is being generated by the Southern Oregon fires and the Butler, Orleans and Salmon River fires 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)** or visit the District's website at [www.ncuaqmd.org](http://www.ncuaqmd.org)