

NORTH COAST UNIFIED AIR QUALITY MANAGEMENT DISTRICT
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Saturday, July 20, 2008

WILDFIRE SMOKE WARNING PUBLIC SERVICE ANNOUNCEMENT

Unhealthy levels of wildfire smoke are expected in the following areas:

- **Humboldt County** (Somes Bar, Orleans, Weitchpec, Hoopa)
- **Southern Del Norte County**
- **Trinity County**

Areas of smoke are expected at the Coast today.

Wildfire smoke has harmful chemicals that can affect your health. It 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 chronic lung disease (such as asthma) and/or heart disease, young children, pregnant women, and older adults.** Even healthy adults can be affected by smoke. Seek medical help if you have symptoms that worsen or become severe.

If you smell or see smoke, take these steps to protect your health:

- ✓ Minimize or stop outdoor activities, especially exercise.
- ✓ Stay indoors with windows and doors closed.
 - Do not run any fans that bring smoky outdoor air inside, including swamp coolers, “whole-house” fans or “fresh air ventilation systems.”
 - Run your air-conditioner only if it does not bring in smoke from outdoors. Change the standard air-conditioner filter to a medium or high efficiency filter. If you have a wall-unit or window-unit air conditioner, set it to “re-circulate.”
 - Do not smoke, fry food, or do other things that will create indoor air pollution.
- ✓ **If you have any chronic lung disease (including asthma) or heart disease, closely monitor your health and contact your doctor immediately if you have symptoms that worsen, including repeated coughing, shortness of breath or difficulty breathing, wheezing, chest**

tightness or pain, palpitations, nausea, unusual fatigue or lightheadedness. Consider going to an emergency shelter or leaving the area until smoke conditions improve.

If you do not have air conditioning, take these additional steps to protect yourself and your family from heat exhaustion, which can be especially dangerous for infants, children, the elderly, and people with chronic disease.

- ✓ Lower body temperature by using cold compresses, misting, and taking cool showers, baths, or sponge baths.
- ✓ Drink plenty of fluids. Don't wait until you're thirsty to drink. However, if your doctor has told you to limit the amount you drink or you are taking water pills, ask your doctor how much you should drink during the heat.
- ✓ Avoid drinks with alcohol or large amounts of sugar, as these can promote dehydration.
- ✓ Consider moving to location that has air conditioning.
- ✓ Do not exercise or do physical activity.
- ✓ Wear light-weight and light-colored clothing.
- ✓ Watch for signs of heat exhaustion, including fatigue, nausea, headache, and vomiting, and contact your doctor immediately if these occur.

Stayed tuned for additional air quality emergency announcements

Contact your doctor to discuss what you should do if smoke becomes worse in your area, especially if you have lung disease (including asthma), heart disease, are elderly, pregnant, or have children in your home.

For 24-hour Air Quality Advisory Information, call toll-free at (866) 287-6329 and press (5) on your touch tone phone.

For Further information, please visit the NCUAQMD website at www.ncuaqmd.org