HEALTH ADVISORY NOTIFICATION

Issued by the Sacramento Metropolitan Air Quality Management District and the Air Districts of the Sacramento Region

TODAY'S DATE/TIME: June 23, 2008 5:30 p.m.

A Health Advisory is in effect for high ozone levels from 4:30 until 8:00 p.m., in the Sacramento region.

In addition, particle pollution levels are unhealthy. The high particle levels are expected to persist through tomorrow. The high ozone and particle levels are caused by smoke from several wildfires burning in central and northern California.

During these periods of unhealthy air, outdoor exposure should be avoided.

The state of California requires that a Health Advisory be issued anytime air quality is expected to meet or exceed specific high one-hour exposure levels for ozone.

Current air quality readings can be viewed at SpareTheAir.com along with health effect information.

www.SpareTheAir.com
CHRISTINA RAGSDALE

From: Air Alert [airalert@sonomatech.com]
Sent: Monday, June 23, 2008 5:22 PM
To: CHRISTINA RAGSDALE
Subject: Health Advisory in effect in the Sacramento region

Sacramento Regional Air Quality Resource

Health Advisory

A Health Advisory is in effect for high ozone levels from 4:30 until 8:00 p.m. June 23, 2008, in the Sacramento region. In addition, particle pollution levels are unhealthy. The high particle levels are expected to persist through tomorrow. The high ozone and particle levels are caused by smoke from several wildfires burning in central and northern California. During these periods of unhealthy air, outdoor exposure should be avoided.

To unsubscribe or edit your Air Alert account

6/24/2008
Smoke-Related Health Statement

Sacramento, CA 6/23/08 – Smoke continues to impact the Sacramento region due to fires burning throughout Northern California.

The Sacramento Metropolitan Air Quality Management District Quality Management District in consultation with Sacramento County Health Officer Glennah Trochet, M.D., is advising residents to take precautions and consider restricting outside activities.

If you smell or see smoke, individuals should consider taking the following actions:

- Everyone should avoid outdoor activities if you can see or smell smoke, even if you’re healthy
- Children, the elderly and people with respiratory or heart conditions should be particularly careful to avoid exposure
- Stay indoors with doors and windows closed as much as possible.
- Asthmatics should follow their asthma management plan
- Contact your doctor if you have symptoms of cough, shortness of breath, or other symptoms you believe to be caused by smoke
- Those with heart disease should especially limit their smoke exposure since PM can cause heart attacks

"Smoke can affect anyone, but it's especially harmful to people who have existing breathing problems, like seniors or anyone suffering from asthma or emphysema," said Glennah Trochet, M.D., Sacramento County Health Officer. "The fine particles in smoke can obstruct the airways, making it harder to breathe and reducing oxygen intake," she said.

To monitor current air quality conditions, please visit www.SpareTheAir.com

To unmonitor or edit your AirAlert account

6/23/2008
June 23, 2008

Smoke-Related Health Statement

Sacramento, CA 95806 – Smoke continues to impact the Sacramento region due to fires burning throughout Northern California.

The Sacramento Metropolitan Air Quality Management District Quality Management District in consultation with Sacramento County Health Officer Glennah Trochet, M.D., is advising residents to take precautions and consider restricting outdoor activities.

If you smell or see smoke, individuals should consider taking the following actions:

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"Smoke can affect anyone, but it's especially harmful to people who have existing breathing problems, like seniors or anyone suffering from asthma or emphysema," said Glennah Trochet, M.D., Sacramento County Health Officer. "The fine particles in smoke can obstruct the airways, making it harder to breathe and reducing oxygen intake," she said.

To monitor current air quality conditions, please visit www.SpareTheAir.com
A Health Advisory is in effect for high ozone levels from 4:30 until 8:00 p.m., in the Sacramento region.

In addition, particle pollution levels are unhealthy. The high particle levels are expected to persist through tomorrow. The high ozone and particle levels are caused by smoke from several wildfires burning in central and northern California.

During these periods of unhealthy air, outdoor exposure should be avoided. The state of California requires that a Health Advisory be issued anytime air quality is expected to meet or exceed specific high one-hour exposure levels for ozone.

Current air quality readings can be viewed at SpareTheAir.com along with health effect information.

www.SpareTheAir.com
June 24, 2006

Smoke-Related Health Statement

Sacramento, CA 6/24/06 – The Sacramento Metropolitan Air Quality Management District in consultation with Sacramento County Health Officer Glennah Trochet, M.D., is advising residents to take precautions and avoid outdoor activities due to the smoke in the Sacramento region caused by fires.

Hundreds of fires continue to burn in Northern and Central California and it is unlikely conditions will improve this week.

If you smell or see smoke, individuals should take the following actions:

- Everyone should avoid outdoor activities if you can see or smell smoke, even if you’re healthy.
- Children, the elderly and people with respiratory or heart conditions should be particularly careful to avoid exposure.
- Stay indoors with doors and windows closed as much as possible.
- Asthmatics should follow their asthma management plan.
- Contact your doctor if you have symptoms of cough, shortness of breath, or other symptoms you believe to be caused by smoke.
- Those with heart disease should especially limit their smoke exposure since PM can cause heart attacks.

"The very small particles in smoke can irritate everyone’s lungs, but are especially dangerous for those with lung and heart diseases so outdoor exercise should be avoided," said Sacramento County Health Officer Glennah Trochet, M.D.

To monitor current air quality conditions, please visit www.SpaceTheAir.com.
Dianne, Here is the "Smoke-Related Health Statement" to be sent via Air Alert after 10a tomorrow. Thanks, Jamie

Smoke-Related Health Statement

(Sacramento, CA) – The Sacramento Metropolitan Air Quality Management District and Sacramento County Public Health Division are advising residents to take precautions and avoid voluntary outdoor activities as smoke from wildfires continues to remain at ground level in the Sacramento region.

"We're advising schools, recreation districts and other organizations that operate outdoor sports programs to voluntarily cancel or postpone practices, games and recreational activities anytime particle air pollution levels reach "Unhealthy" on the Air Quality Index," said Glannah Trochet M.D., Sacramento County Health Officer.

Air quality forecasts and real-time air quality levels can be viewed at www.SpareTheAir.com.

Hundreds of fires continue to burn in Northern and Central California. Weather and air quality forecasters expect continued high pressure and light winds through the weekend, which will cause the smoke to remain in many areas.

Individuals who see or smell smoke should take the following actions to protect their health:

- Avoid voluntary outdoor activities if you can see or smell smoke, even if you’re healthy
- Children, the elderly and people with respiratory or heart conditions should be particularly careful to avoid exposure
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The very small particles in smoke can irritate the lungs of even healthy people, but are especially dangerous for seniors, children and those with lung and heart disease.

For additional information on air quality health effects, or sign up for Air Alert advisories, please visit www.SpareTheAir.com.

6/26/2008
Good morning, newsrooms,

Attached (PDF) and pasted below is a news release from Sacramento County Public Health and the Sacramento Metropolitan Air Quality Management District updating the smoke situation affecting the Sacramento region.

Kerry Shearer
Communications & Media Officer
Sacramento County Public Health

7001-A East Parkway, Suite 600
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Cell: (916) 839-4775
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Public Health Web Site
County Web Site

Public Health is part of the Countywide Services Agency
The Leader in Public Service Excellence
Visit our website

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News Release

June 28, 2008
Smoke-Related Health Statement

(Sacramento, CA) – The Sacramento Metropolitan Air Quality Management District and Sacramento County Public Health Division are advising residents to take precautions and avoid voluntary outdoor activities as smoke from wildfires continues to remain at ground level in the Sacramento region.

"We're advising schools, recreation districts and other organizations that operate outdoor sports programs to voluntarily cancel or postpone practices, games and recreational activities anytime particle air pollution levels reach "Unhealthy" on the Air Quality Index," said Glennah Trochet M.D., Sacramento County Health Officer.

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For additional information on air quality health effects, or to sign up for Air Alert advisories, please visit www.SpareTheAir.com.
and permanently delete the original and any copies of this email and any attachments thereto.
June 26, 2008

Contact: Sacramento County Public Health
Sacramento Metropolitan AQMD Communications Office
(916) 875-5881
(916) 874-4688

Smoke-Related Health Statement

(Sacramento, CA) – The Sacramento Metropolitan Air Quality Management District and Sacramento County Public Health Division are advising residents to take precautions and avoid voluntary outdoor activities as smoke from wildfires continues to remain at ground level in the Sacramento region.

“We’re advising schools, recreation districts and other organizations that operate outdoor sports programs to voluntarily cancel or postpone practices, games and recreational activities anytime particle air pollution levels reach “Unhealthy” on the Air Quality Index,” said Glannah Trochet M.D., Sacramento County Health Officer.

Air quality forecasts and real-time air quality levels can be viewed at www.SpareTheAir.com.

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Sacramento Regional Air Quality Resource

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To unsubscribe or edit your Air Alert account

6/26/2008
Smoke-Related Health Statement

(Sacramento, CA) — The Sacramento Metropolitan Air Quality Management District, the Air Districts of the Sacramento region and Sacramento County Public Health Division are advising residents to take precautions and avoid voluntary outdoor activities as smoke from wildfires continues to remain at ground level in the Sacramento region.

"We're advising schools, recreation districts and other organizations that operate outdoor sports programs to voluntarily cancel or postpone practices, games and recreational activities anytime particle air pollution levels reach "Unhealthy" on the Air Quality Index," said Glennah Trochet M.D., Sacramento County Health Officer.

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Sacramento Regional Air Quality Resource

Smoke-Related Health Statement

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"We're advising schools, recreation districts and other organizations that operate outdoor sports programs to voluntarily cancel or postpone practices, games and recreational activities. Anytime particles air pollution levels reach "Unhealthy" on the Air Quality Index," said Glenala Trochel, M.D., Sacramento County Health Officer.

Air quality forecasts and real-time air quality levels can be viewed at www.SpareTheAir.com.

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6/26/2008
June 26, 2008

Contact: Sacramento County Public Health (916) 875-5881
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Attached is pretty much the final release. The only thing that needs to be done, which I've told Kerry, is that "Air Alert" needs to be 2 words in the last line. I tried to make that change and send it to you...but since the District won't pay for Norton on my laptop, I have some sort of virus and cannot attach files from my hard-drive. Brilliant.

From: Shearer, Kerry
Sent: Wednesday, June 25, 2008 5:40 PM
To: Trochet, Glenna; JAMIE ARNO; CHRISTINA RAGSDALE; kdshearer@SacDoe.net
Subject: Final Final news release for tomorrow

This is the actual FINAL FINAL news release that will go out tomorrow. It reflects Larry's inclusion of a line after Glenna's quote showing where the air quality forecast can be found.

Kerry Shearer
Communications & Media Officer
Sacramento County Public Health
7001-A East Parkway, Suite 900
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Public Health Web Site
County Web Site

COUNTY OF SACRAMENTO EMAIL DISCLAIMER:
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If you are not the intended recipient, please contact the sender immediately and permanently delete the original and any copies of this email and any attachments thereto.

6/26/2008
June 26, 2008

Contact: Sacramento County Public Health
Sacramento Metropolitan AOMD Communications Office

(Sacramento, CA) — The Sacramento Metropolitan Air Quality Management District and Sacramento County Public Health Division are advising residents to take precautions and avoid voluntary outdoor activities as smoke from wildfires continues to remain at ground level in the Sacramento region.

"We're advising schools, recreation districts and other organizations that operate outdoor sports programs to voluntarily cancel or postpone practices, games and recreational activities anytime particle air pollution levels reach "Unhealthy" on the Air Quality Index," said Glennah Troche, M.D., Sacramento County Health Officer.

Air quality forecasts and real-time air quality levels can be viewed at www.SpareTheAir.com.

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For additional information on air quality health effects, or sign up for Air Alert advisories, please visit www.SpareTheAir.com.
Refraining From Outdoor Activity Urged

Fires burning throughout Northern and Central California continue to blow smoke into the Sacramento region.

The Sacramento Air District and Sacramento County Public Health advise schools, recreation districts and other organizations to cancel or postpone outdoor activities while air quality is forecast to be unhealthy, which is expected to continue thru Sunday.

Although the forecast is above 150 AQI, a Spare The Air advisory is not in effect. On Spare The Air days, residents are encouraged to reduce driving and curb other activities that produce ground-level ozone air pollution. The high pollution levels forecast for today and tomorrow are due to wildfires.

<table>
<thead>
<tr>
<th>Date</th>
<th>AQI</th>
<th>CONDITION</th>
<th>POLLUTANT</th>
</tr>
</thead>
<tbody>
<tr>
<td>The 6/25</td>
<td>187</td>
<td>Unhealthy</td>
<td>Ozone</td>
</tr>
<tr>
<td>Fri 6/27</td>
<td>187</td>
<td>Unhealthy</td>
<td>Ozone</td>
</tr>
</tbody>
</table>

Yesterday's High: 177 unhealthy OZONE

WILDFIRES BURNING — Pollution Elevated

On Spare The Air days, stop using your car.
Sacramento Regional Air Quality Forecast

Although the forecast is above 150 AQI, a Spare The Air advisory is not in effect. On Spare The Air days, residents are encouraged to reduce driving and curb other activities that produce ground-level ozone air pollution. The high pollution levels forecasts for today and tomorrow are due to wildfires burning throughout Northern and Central California.

Today and tomorrow:
Thursday, Jun 26: 187 AQI - Unhealthy (Ozone)
Friday, Jun 27: 187 AQI - Unhealthy (Ozone)

Yesterday's regional maximum:
Wednesday, Jun 25: 177 AQI - Unhealthy (Ozone)

Extended Forecast:
Saturday, Jun 28: Unhealthy (Ozone)
Sunday, Jun 29: Unhealthy (Ozone)
Monday, Jun 30: Unhealthy for Sensitive Groups (Ozone)
Tuesday, Jul 1: Unhealthy for Sensitive Groups (Ozone)

Visit www.SpareTheAir.com for forecasts by county, current AQI readings, air quality maps, and additional air quality information.

This forecast was issued by the Sacramento Metropolitan Air Quality Management District.

To unsubscribe or edit your Air Alert account

http://us.f326.mail.yahoo.com/ym/ShowLetter?box=Inbox&MsgId=7680_10324379_8453... 6/26/2008
Smoke-Related Health Statement

(Sacramento, CA) – As the Sacramento region faces another day of unhealthy air quality, the Sacramento Metropolitan Air Quality Management District and Sacramento County Public Health Division are advising residents to take precautions and avoid voluntary outdoor activities as smoke from wildfires continues to remain at ground level.

Sacramento County Health Officer Glennn Trochet, M.D., recommends the voluntary cancellation of outdoor recreational activities such as sports practices and games as long as smoke continues to push air quality into the “Unhealthy” range of the Air Quality Index. “We acknowledge cancellation of these programs can be a hardship for all participants, and we appreciate those who have taken the step to put the health of their participants ahead of other considerations during this extended period of unhealthy air quality,” Trochet said.

A short video message from Dr. Trochet outlining the health impacts of smoke and steps residents can take to protect themselves can be found by clicking on the Smoke Advisory graphic at the Public Health website, www.SCPH.com. The latest air quality forecasts and real-time air quality readings at air monitoring stations throughout the region can be viewed at www.SpareTheAir.com.

Hundreds of wildfires continue to burn in Northern California, and there is concern that weekend thunderstorms could spark more lightning-caused blazes. Individuals who see or smell smoke should take the following actions to protect their health:

- Avoid voluntary outdoor activities if you can see or smell smoke, even if you're healthy.
- Children, the elderly and people with respiratory or heart conditions should be particularly careful to avoid exposure.
- Stay indoors with doors and windows closed as much as possible.
- Asthmatics should follow their asthma management plan.
- Contact your doctor if you have symptoms of cough, shortness of breath, or other symptoms you believe to be caused by smoke.
- Those with heart disease should especially limit their smoke exposure since PM can cause heart attacks.

The very small particles in smoke can irritate the lungs of even healthy people, but are especially dangerous for seniors, children and those with lung and heart disease.

For additional information on air quality health effects, or to sign up for free Air Alert advisories delivered directly to your cell phone or e-mail account, please visit www.SpareTheAir.com.
A Health Advisory is in effect for high ozone levels from 8:30 until 8:00 p.m. July 7, 2008, in the Sacramento region.

In addition, particle pollution from wildfire smoke is currently unhealthy in many areas.

During this period of unhealthy air, outdoor exposure should be avoided.

For more information, and to view current conditions, visit SpareTheAir.com.
A Health Advisory is in effect for high ozone levels from 5:30 until 8:00 p.m. July 7, 2008, in the Sacramento region.

In addition, particle pollution from wildfire smoke is currently unhealthy in many areas.

During this period of unhealthy air, outdoor exposure should be avoided.

For more information, and to view current conditions, visit SpareTheAir.com.
Today, July 7, and tomorrow, July 8, are Spare The Air days in the Sacramento region.

Today ground-level ozone air pollution is forecast to reach 150 AQI on the Air Quality Index (AQI) - Unhealthy for Sensitive Groups. Tomorrow, ground-level ozone air pollution is forecast to reach 174 on the Air Quality Index (AQI) - Unhealthy. Spare The Air trigger is 150 AQI & above.

Today and Tomorrow:
Monday, Jul 7: 150 AQI - Unhealthy for Sensitive Groups (Ozone)
Tuesday, Jul 8: 174 AQI - Unhealthy (Ozone)

Yesterday's regional maximum:
Sunday, Jul 6: 100 AQI - Moderate (Ozone)

Extended Forecast:
Tuesday, Jul 8: Unhealthy for Sensitive Groups (Ozone)
Wednesday, Jul 9: Unhealthy for Sensitive Groups (Ozone)
Thursday, Jul 10: Unhealthy for Sensitive Groups (Ozone)
Friday, Jul 11: Unhealthy for Sensitive Groups (Ozone)

A Spare The Air advisory is in effect for today and tomorrow due to an upper-level ridge of high pressure persisting over the Sacramento region, reducing vertical mixing and producing sunny skies and hot temperatures. These conditions will limit pollutant dispersion and enhance ozone formation.

Motorists in the region are urged to reduce driving. Carpool to sports and recreation activities, bike or walk when possible, and postpone driving errands that can wait. Residents should avoid the use of gas-powered yard tools like lawn mowers and leaf blowers. Other tips to reduce pollution can be found at http://www.sparetheair.com

Transit in Placer County is FREE on Spare The Air days. This includes Auburn Transit, Lincoln Transit, Placer County Transit, and Roseville Transit. Visit http://www.pctps.org or call (530) 623-4020 for more information.

Yolo Bus and UNITRANS are free on Spare The Air days. For schedule information, visit http://www.yolobus.com or http://www.UNITRANS.com

El Dorado Transit is free on Spare The Air days. For schedule information, visit http://www.eldoradotransit.com

People are also being asked to:
- eliminate vehicle trips
- arrange to carpool with friends or co-workers
- use public transit whenever possible

http://us.f26.mail.yahoo.com/ym/ShowLetter?box=Inbox&MsgId=29_5921955_877371_1... 7/7/2008
Sacramento Regional Air Quality Resource

The high particulate matter 2.5 forecast for today and tomorrow is due to smoke from wildfires and is focused primarily on high readings in Placer County.

Sacramento Regional PM2.5 Forecast

Today and Tomorrow:
- Monday, Jul 7: 205 AQI - Very Unhealthy (PM2.5)
- Tuesday, Jul 8: 179 AQI - Unhealthy (PM2.5)

Yesterday’s regional maximum:
- Sunday, Jul 6: 197 AQI - Unhealthy (PM2.5)

Extended Forecast:
- Wednesday, Jul 9: Unhealthy (PM2.5)
- Thursday, Jul 10: Unhealthy for Sensitive Groups (PM2.5)
- Friday, Jul 11: Unhealthy for Sensitive Groups (PM2.5)
- Saturday, Jul 12: Unhealthy for Sensitive Groups (PM2.5)

Sacramento Regional Ozone Forecast

Today and Tomorrow:
- Monday, Jul 7: 150 AQI — Unhealthy for Sensitive Groups (Ozone)
- Tuesday, Jul 8: 174 AQI — Unhealthy (Ozone)

Yesterday’s regional maximum:
- Sunday, Jul 6: 100 AQI — Moderate (Ozone)

Extended Forecast:
- Wednesday, Jul 9: Unhealthy for Sensitive Groups (Ozone)
- Thursday, Jul 10: Unhealthy for Sensitive Groups (Ozone)
- Friday, Jul 11: Unhealthy for Sensitive Groups (Ozone)
- Saturday, Jul 12: Unhealthy for Sensitive Groups (Ozone)

Visit www.SpareTheAir.com for forecasts by county, current AQI readings, air quality maps, and additional air quality information.

This forecast was issued by the Sacramento Metropolitan Air Quality Management District.

To unsubscribe or edit your Air Alert account:

http://us826.mail.yahoo.com/ym/ShowLetter?box=Inbox&MsgId=9555_5918774_876960... 7/7/2008
Smoke from the Butte Lightening Complex fire and other fires burning north of Sacramento is continuing to blow into the Sacramento region.

Particulate Matter 2.5 readings are registering very high at many of the monitoring sites throughout the network.

The Air Districts of the Sacramento region are advising residents to limit or avoid outdoor activities if they see or smell smoke. Exposure to smoke is unhealthy for everyone.

Due to the high number of visits to the SpareTheAir.com Web site, certain pages have been temporarily disabled. This is in an effort to allow more users to visit the site and still have access to the forecast, air quality maps, current conditions and health information pages.

However, you may still experience a problem when visiting the site. We apologize for this inconvenience and suggest you try again.

To manage or edit your Air Alert account

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www.SpareTheAir.com
Smoke from the Butte Lightning Complex fire and other fires burning north of Sacramento is continuing to blow smoke into the Sacramento region.

Particulate Matter 2.5 readings are registering very high at many of the monitors sites throughout the network.

The Air Districts of the Sacramento region are advising residents to limit or avoid outdoor activities if they see or smell smoke. Exposure to smoke is unhealthy for everyone.

Due to the high number of visits (hundreds of thousands) to the SpareTheAir.com Web site, certain pages have been temporarily disabled. This is in an effort to allow more users to visit the site and still have access to the forecast, air quality maps, current conditions and health information pages.

However, you may still experience a problem when visiting the site. We apologize for this inconvenience and suggest you try again.

www.SpareTheAir.com
Health Advisory

A Health Advisory is in effect for high ozone levels from 3:00 until 8:00 p.m. July 10, 2008, in the region east of Sacramento near Folsom extending into the foothills between Placerville and Auburn. In addition, particle pollution from wildfire smoke is currently unhealthy in many areas. During this period of unhealthy air, outdoor exposure should be avoided.

For more information, and to see current conditions, visit SpareTheAir.com.

To unsubscribe or edit your Air Alert account

7/14/2008
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