



HEALTH ADVISORY NOTIFICATION

Issued by the Sacramento Metropolitan AQMD and the Air Districts of the Sacramento Region

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

*1 hr
145 ppb or more*

In News Release folder

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

CHRISTINA RAGSDALE

From: Air Alert [airalert@sonomatech.com]
Sent: Monday, June 23, 2008 10:33 AM
To: CHRISTINA RAGSDALE
Subject: Air Alert: Wildfires burning – pollution elevated



Sacramento Regional Air Quality Resource

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 [unsubscribe](#) or [edit](#) your [Air Alert](#) account

6/23/2008



Contact: Sacramento Metropolitan AQMD Communications Office (916) 874-4868
Sacramento County Public Health (916) 875-5881

June 23, 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 in consultation with Sacramento County Health Officer Glennah Trochet, M.D., is advising residents to take precautions and consider restricting outside activities.

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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.

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HEALTH ADVISORY NOTIFICATION

Issued by the Sacramento Metropolitan AQMD 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



Contact: Sacramento Metropolitan AQMD Communications Office (916) 874-4888
Sacramento County Public Health (916) 875-5881

June 24, 2008

Smoke-Related Health Statement

Sacramento, CA 6/24/08 – 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 disease so outdoor exertion should be avoided," said Sacramento County Health Officer Glennah Trochet M.D.

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

CHRISTINA RAGSDALE

From: JAMIE ARNO
Sent: Wednesday, June 25, 2008 7:33 PM
To: dianne@sonomatach.com
Cc: CHRISTINA RAGSDALE; Kerry Shearer (shearerk@saccounty.net)
Subject: Smoke-Related Health Statement

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 Glennah 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
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- Stay indoors with doors and windows closed as much as possible
- Asthmatics should follow their asthma management plan
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- 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 sign up for Air Alert advisories, please visit www.SpareTheAir.com.

6/26/2008

CHRISTINA RAGSDALE

From: Shearer, Kerry [shearerk@SacCounty.net]
Sent: Thursday, June 26, 2008 9:51 AM
To: Kelley Weiss (kweiss@saclink.csus.edu); milne@csus.edu; drewsandsor@clearchannel.com; jsteele@kymx.com; RADIO-Judy Farah (judyfarah@clearchannel.com); news@knco.com; kmaudru@entercom.com; news@kssu.com; news@capradio.org; cpeyton@sacbee.com; desk@news10.net; editor@natomasjournal.com; fox40news@tribune.com; newstips@KCRA.com; kcra_news_tips@hearst.com; kfbknews@clearchannel.com; kuvsnews@univision.net; sacnews@newsreview.com; news@kovr.com; publisher@americanrivermessenger.com; newsroom@sacobservers.com; editor@statehomet.com
Cc: JAMIE ARNO; CHRISTINA RAGSDALE; LORI KOBZA; McCasland, Laura; Aiello, Kerri; Holst, Zeke (MSA); Trochet, Glennah; Stangle, Don; Ada.Barros@yolocounty.org; alesage@co.amador.ca.us; Anita Yoder; beth.gabor@yolocounty.org; Cheryl.Boney@yolocounty.org; mwilliams@co.el-dorado.ca.us; mblake@co.sutter.ca.us; Patti.carter@co.nevada.ca.us; pleung@schsa.org; Shearer, Kerry
Subject: June 26, 2008 Smoke-Related Health Statement
Attachments: Smoke Health Statement 06-26-08.pdf

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
Sacramento, CA 95823
Office: (916) 875-4493
Cell: (916) 838-4775
Fax: (916) 875-5688
[Public Health Web Site](#)
[County Web Site](#)



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News Release

June 26, 2008

6/26/2008

Contacts:

Sacramento County Public Health -- (916) 875-5881

Sacramento Metropolitan AQMD Communications Office -- (916) 874-4888

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.

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:

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- 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 Air Alert advisories, please visit www.SpareTheAir.com.

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6/26/2008

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6/26/2008

SACRAMENTO METROPOLITAN



AIR QUALITY
MANAGEMENT DISTRICT



June 26, 2008

Contact: Sacramento County Public Health (916) 875-5881
Sacramento Metropolitan AQMD Communications Office (916) 874-4888

Smoke-Related Health Statement

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CHRISTINA RAGSDALE

From: Air Alert [airalert@sonomatech.com]
Sent: Thursday, June 26, 2008 10:17 AM
To: CHRISTINA RAGSDALE
Subject: Air Alert: Smoke-Related Health Statement

and the districts of the Sacramento Region



Sacramento Regional Air Quality Resource

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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To unsubscribe or edit your Air Alert account

6/26/2008

SACRAMENTO METROPOLITAN



June 26, 2008

Contact: Sacramento County Public Health (916) 875-5881
Sacramento Metropolitan AQMD Communications Office (916) 874-4888

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CHRISTINA RAGSDALE

From: Air Alert [airalert@sonomatech.com]
Sent: Thursday, June 26, 2008 10:17 AM
To: CHRISTINA RAGSDALE
Subject: Air Alert: Smoke-Related Health Statement

and the Districts of the Sacramento Region



Sacramento Regional Air Quality Resource

Smoke-Related Health Statement

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[To unsubscribe or edit your Air Alert account](#)

6/26/2008



June 26, 2008

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Sacramento Metropolitan AQMD Communications Office (916) 874-4888

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CHRISTINA RAGSDALE

From: JAMIE ARNO
Sent: Wednesday, June 25, 2008 8:12 PM
To: CHRISTINA RAGSDALE
Subject: Release from Jamie at 8p
Attachments: Smoke Health Statement 06-26-08.doc

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, Glennah; 'JAMIE ARNO'; 'CHRISTINA RAGSDALE'; 'kbshearer@pacbell.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 Glennah'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 500
Sacramento, CA 95823
Office: (916) 875-4493
Cell: (916) 838-4775
Fax: (916) 875-5888
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6/26/2008



June 26, 2008

Contact: Sacramento County Public Health (916) 875-5881
Sacramento Metropolitan AQMD Communications Office (916) 874-4888

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 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 sign up for Air Alert advisories, please visit www.SpareTheAir.com.

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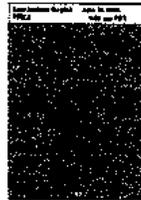
2008 Summer Smog Season
 Spare The Air Days: 0
 8-hour Exceedences: 6

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.



Date	AQI	CONDITION	POLLUTANT
Thu 6/26	187	Unhealthy	Ozone
Fri 6/27	187	Unhealthy	Ozone
<i>Yesterday's High</i>	<i>177</i>	<i>Unhealthy</i>	<i>OZONE</i>

[View Forecast by County](#)

AQI forecast updated daily by noon | [Extended Forecast](#)

This Web site brought to you by the Sacramento Metropolitan Air Quality Management District and the air districts of the Sacramento region. Copyright 2008. To contact us, please send an e-mail to sparetheair@abcglobal.net.



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Date: Thu, 26 Jun 2008 11:12:09 -0700 (PDT)
From: "Air Alert" <airalert@sonomatech.com>
To: crcommunications@sbcglobal.net
Subject: Air Alert: Sacramento Regional Air Quality Forecast



Sacramento Regional Air Quality Resource

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 forecast 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](#)



June 27, 2008

Contacts: Sacramento County Public Health Communications: (916) 675-5881
Sacramento Metropolitan AQMD Communications: (916) 874-4888

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 Glennah 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 web site, 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
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2008 Summer Smog Season

HEALTH ADVISORY NOTIFICATION

Issued by the Sacramento Metropolitan AQMD and the Air Districts of the Sacramento Region

TODAY'S DATE/TIME: July 7, 2008 5:30 p.m.

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.

www.SpareTheAir.com



HEALTH ADVISORY NOTIFICATION

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Print - Close Window

Date: Mon, 7 Jul 2008 11:44:36 -0700 (PDT)
From: "Air Alert" <airalert@sonomatech.com>
To: crcommunications@sbcglobal.net
Subject: Air Alert: Spare The Air day today, July 7 and tomorrow, July 8



Sacramento Regional Air Quality Resource

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) 823-4030 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.f826.mail.yahoo.com/ym/ShowLetter?box=Inbox&MsgId=29_5921955_877371_1... 7/7/2008



Print - Close Window

Date: Mon, 7 Jul 2008 11:37:42 -0700 (PDT)
From: "Air Alert" <airalert@sonomatech.com>
To: crcommunications@sbcglobal.net
Subject: Air Alert: Sacramento Air Quality Forecast



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: 178 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:
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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://us.f826.mail.yahoo.com/ym/ShowLetter?box=Inbox&MsgId=9555_5918774_876960... 7/7/2008

LORI KOBZA

From: Air Alert [airalert@sonomatech.com]
Sent: Wednesday, July 09, 2008 3:47 PM
To: LORI KOBZA
Subject: Air Alert: Special Statement



Sacramento Regional Air Quality Resource

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 unsubscribe or edit your Air Alert account](#)

7/14/2008



SPECIAL ADVISORY

Issued by the Sacramento Metropolitan AQMD and the Air Districts of the Sacramento Region

TODAY'S DATE/TIME: July 9, 2008 3:45 p.m.

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

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www.SpareTheAir.com

LORI KOBZA

From: Air Alert [airalert@sonomatech.com]
Sent: Thursday, July 10, 2008 3:21 PM
To: LORI KOBZA
Subject: Health Advisory in effect



Sacramento Regional Air Quality Resource

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



HEALTH ADVISORY NOTIFICATION

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Release 08-64
FOR IMMEDIATE RELEASE
July 11, 2008

Dimitri Stanich
(916)716-8047
(916)322-2990
www.arb.ca.gov

ARB strengthens its health warning associated with wildfire smoke

SACRAMENTO: With wildfires continuing to burn, high temperatures lingering and lack of on-shore winds, state public health officials are advising people to limit their physical activities until particulate matter levels start dropping.

Air quality experts with the California Air Resources Board will be available all day today to interview on the health effects posed by the wildfires. In particular, ARB is strongly recommending that young athletes, runners and others do not exercise when air quality is deemed unhealthy by public health officials. Further, people with heart and lung disease, including asthma, should protect themselves from smoke by staying indoors with air conditioning turned to "recirculate". This is particularly important in areas of heavy smoke .

The Air Quality Index, or AQI, is a tool people can use to take action when particle levels reach unhealthy ranges.

To learn about current air quality conditions in your community using the AQI, go to: www.AirNow.gov .

For ARB's health advisory for smoke, please go [here](#).

To schedule an interview, call (916) 322-2990.

The Air Resources Board is a department of the California Environmental Protection Agency. ARB's mission is to promote and protect public health, welfare, and ecological resources through effective reduction of air pollutants while recognizing and considering effects on the economy. The ARB oversees all air pollution control efforts in California to attain and maintain health based air quality standards.

The energy challenge facing California is real. Every Californian needs to take immediate action to reduce energy consumption. For a list of simple ways you can reduce demand and cut your energy cost, see our web site at <http://www.arb.ca.gov>



Release 08-58
FOR IMMEDIATE RELEASE
August 18, 2008

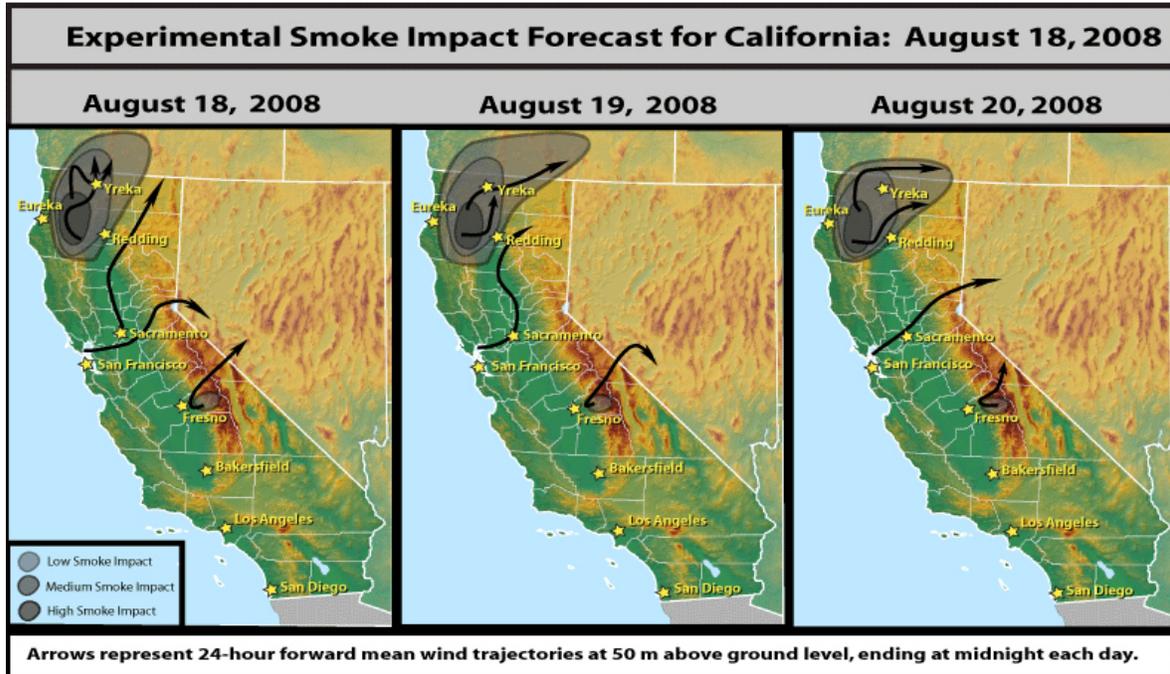
Dimitri Stanich
(916)322-2825
www.arb.ca.gov

Health advisory for Northern and Central California

**Wildfires in Northwest California
Keep Air Quality Index in the Unhealthy to Very Unhealthy Range**

SACRAMENTO -- Poor air quality continues to plague the northwestern counties of California as the wildfires create very unhealthy conditions. Parts of eastern Humboldt County and Trinity County have experienced unusually persistent smoky days this week. Governor Arnold Schwarzenegger declared a state of emergency ([link](#)) in Humboldt County on August 6, 2008, 'as a result of the numerous wildfires that have led to unprecedented smoke conditions and unhealthy air quality.' Residents are urged to take all necessary precautions to protect their health. The North Coast Unified Air Quality Management District has again issued health advisories for its local communities.

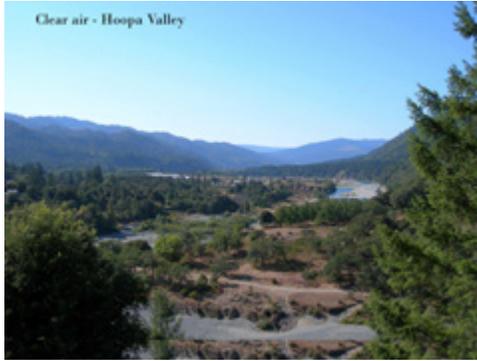
Particulate monitors are located in Orleans, Big Bar, Junction City, Ruth, Hayfork, Weaverville, Ft. Jones, Somes Bar, and Willow Creek. These serve as the basis for the health advisories.



The graphic above is a depiction of the breadth and relative concentration of the smoke plume forecast for a three-day period. It was generated by an experimental smoke model by the US Forest Service using known and projected aspects of fire behavior, terrain, and the weather. If you have any comments, questions, or suggestions about the model output, please contact Mr. Trent Proctor, of the USFS at 559-784-1500 x1114, or email him at tproctor@fs.fed.us.

The Air Resources Board and numerous local air quality agencies in Northern California recommend individuals in areas with 'Unhealthy' air quality indexes suspend outdoor activities. For information on air quality in your area go to www.Airnow.gov and use the drop down menu to select California, or go to the North Coast Unified AQMD web site at www.ncuaqmd.org.

The following pictures, from different vantage points, were provided by the North Coast district of the Hoopa Valley earlier this month and demonstrate how visibility can help determine the health category at the moment.



An individual can approximate air quality levels by using simple visibility measurements from weather reports and airport visibility observations. With that information, air quality is classified as *Moderate* if visibility is 6-9 miles , 'Unhealthy for Sensitive Groups' at 3-5 miles, 'Unhealthy' at 1.5 to almost three miles, 'Very Unhealthy' between 1 and 1.5 miles and 'Hazardous' when visibility is less than a mile. A person can also make a estimate of his or her own by estimating the distance to a known object. To do that, be sure you have the sun at your back and use an object at a known distance from your position (Internet mapping programs such as Google or Yahoo Maps can be very helpful).

Air quality and health officials are urging the public to stay informed about regional air pollution levels through local media and air pollution control district web pages, and take the following actions when the air is unhealthy:

- Stay indoors with windows and doors closed. Run window air-conditioners on the "re-circulate" setting, if available;
- Most residential central air conditioning systems re-circulate the air inside the home, so these can be operated normally; however, a small percentage of newer homes have mechanical ventilation systems that actively bring in outdoor air, and these should be turned off or set to a "re-circulate" mode, if available. Do not run swamp coolers or whole house fans;
- Minimize or stop outdoor activities, especially exercise, during smoky conditions; and,
- People in a "high risk" group or those who cannot find adequate shelter from the smoke need to move to an emergency shelter.

If you must be outside in a smoky area, healthy individuals may wish to wear a mask called a "particulate respirator." These resemble common dust masks but are substantially more effective at removing the airborne small particles produced from fires. Choose one that has two straps and has NIOSH, and either N95 or P100 printed on it and follow the manufacturer's instructions carefully. For more information on N-95 or P100 go to the California Department of Public Health web page [here](#).

It is harder to breathe with these masks on so check with your doctor before using one if you have heart or lung disease, and take frequent rests if you must work. Do not use bandanas (wet or dry), paper masks, or tissues held over the mouth and nose as these are ineffective and will not protect your lungs from wildfire smoke. N-95 or P-100 respirators work best when sealed closely to the face. Beards defeat the needed seal.

The most effective way to reduce exposure and avoid the ill effects of smoke is to stay indoors. Eliminate outdoor activities while air quality is in the unhealthy range. Exposure and the ensuing health effects are dependent on the amount of time spent outside, level of exertion, and air quality. Effects can be as mild as irritation of eye, nose and throat; and headache; or as serious as triggered asthma episodes or stresses on weakened cardiovascular systems.

Children and older individuals should be especially careful when the threat of exposure is high. Those with pre-existing heart and lung problems should consider curtailing activities at the AQI level of Unhealthy for Sensitive Groups. Even healthy people may experience some symptoms in smoky conditions.

It is especially important for people with respiratory or heart disease monitor their health. If their symptoms worsen they should immediately consult with their health care providers. Individuals with moderate or severe heart or respiratory disease should consider alternatives and stay away from areas with high smoke concentrations. Such individuals should evaluate whether evacuation might actually cause greater exposure than staying at home using other precautions described above if smoke is already present in substantial quantities.

Additionally, small pets can also be impacted by unhealthy air and should be brought indoors if possible.

Making the decision to cancel or reschedule active outdoor events is difficult, but when smoke levels reach unhealthy levels coupled with very high temperatures, the prudent decision is to protect yours and the health of others.

Public officials may take the precautions of closing schools and businesses, canceling public events and calling for evacuation. If you are evacuated, make sure to drive with the windows rolled up and the air conditioner set to re-circulate.

For current information about local smoke conditions, find your local air quality management group [here](#).

For current and forecast particulate matter AQI information click [here](#).

More information on how to protect yourself is available [here](#).

For a guide for public officials on wildfire smoke go [here](#).

Below are photos of filters used to in monitors that measure particulate matter in the air. The samples ran for about one day. The white filter is a blank unexposed filter. The brown one is from Willits and the blackest one is from Ukiah. The Ukiah sample would be labeled 'Very Unhealthy.' Images courtesy of Mendocino County Air Pollution Control District. You can see their webpage here: <http://www.co.mendocino.ca.us/aqmd/index.htm> .



The Air Resources Board is a department of the California Environmental Protection Agency. ARB's mission is to promote and protect public health, welfare, and ecological resources through effective reduction of air pollutants while recognizing and considering effects on the economy. The ARB oversees all air pollution control efforts in California to attain and maintain health based air quality standards.

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