



Andrew Woodruff, MPH



DISTRICT HEADQUARTERS

200 Litton Drive, Suite 320

Grass Valley, CA 95945

(530) 274-9360 / FAX: (530) 274-7546

AIR QUALITY HEALTH ADVISORY -- SMOKE

Wednesday, October 11 through Friday, October 13, 2017

Plumas and Sierra Counties

Plumas County Public Health and the Northern Sierra Air Quality Management District are extending a joint air quality advisory to notify the public of intermittent poor air quality at least through Friday, October 13, caused by numerous fires in California. Smoke may settle in lower areas at night and drift across Plumas and Sierra County during the day, depending on wind direction and other factors.

For the next several days, Plumas County's Air Quality will continue to vary as Fire Crews work to contain the numerous fires. It is important to remember that smoke can be damaging to your health. Exposure to elevated PM2.5 (fine particulate matter in smoke) concentrations can result in eye and throat irritation, headaches, nausea, shortness of breath, congestion, coughing, impaired lung function and chest pain, especially among sensitive individuals such as the elderly, children, people with asthma, people with heart or lung conditions, pregnant women and anyone who is exercising or working hard outdoors.

If you smell or see smoke around you, the following actions are recommended:

- Minimize outdoor activities even if you are healthy;
- Stay indoors with doors and windows closed as much as possible; run the air conditioner on the "recirculate" setting if that is an option;
- People with asthma should follow their asthma management plan;
- People with heart disease, respiratory or chronic health issues should stay indoors;
- Contact your doctor if you have symptoms of cough, shortness of breath, chest pain, or severe fatigue.

Here is a simplified way to estimate air quality risk categories with a visibility assessment:

Air Quality	Visibility in Miles
Good	11 miles and up
Moderate	6 to 10
Unhealthy for Sensitive Groups	3 to 5
Unhealthy	1 ½ to 2 ¾
Very Unhealthy	1 to 1 ¼
Hazardous	Less than 1 mile

When using the visibility index to determine smoke concentrations, it is important to:

- Face away from the sun.
- Determine the limit of your visibility range by looking for targets at known distances (miles). The visible range is the point at which even high-contrast objects (e.g., a forested mountain viewed against the sky at noon) totally disappear.

Smoke conditions can change quickly and vary greatly due to terrain, wind direction and weather. Western parts of Plumas and Sierra Counties are likely to see the most smoke. It is important to monitor the smoke and make outdoor plans accordingly.



Andrew Woodruff, MPH



DISTRICT HEADQUARTERS

200 Litton Drive, Suite 320

Grass Valley, CA 95945

(530) 274-9360 / FAX: (530) 274-7546

The use of filter masks is generally not recommended because the most effective masks can reduce air flow for people who are already having breathing difficulty.

Websites with Smoke Related Information

	General Information about wildfire smoke and how to protect yourself: http://www.cdc.gov/features/wildfires/
	Air Monitoring Data: http://www.wildlandfiresmoke.net/monitoring/
	California Smoke Information (blog): http://californiasmokeinfo.blogspot.com/
www.myairdistrict.com (click on “Local Air Quality” in the lower middle portion). As you view the most recent data, take into consideration that conditions can change rapidly due to wind shifts; it is wise to monitor the smoke throughout the day and make plans accordingly.	