



Air Quality Advisory and Smoke-Related Health Statement

August 10, 2009 - The Yolo-Solano Air Quality Management District is advising residents to take precautions and avoid outdoor activities if they can see or smell smoke from wildfires burning within California.

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 are 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 particulate matter (PM)* can cause heart attacks. *Fine particles of solid matter or liquid droplets from smoke, dust and fly ash.

While all persons may experience varying degrees of symptoms, the more sensitive individuals are at greatest risk to experience more aggravated symptoms which may include, but are not limited to coughing, scratchy throat, watery and itchy eyes and difficulty breathing.

The District also recommends residents sign up for free air quality notifications through Enviroflash. Go to **<http://ysaqmd.enviroflash.org>** to receive health advisories during exceptional events such as a wildfire in addition to local air quality forecasts. The YSAQMD is a public health agency dedicated to protecting human health and property from the harmful effects of air pollution. For more information, contact the Yolo-Solano AQMD at (530) 757-3650 or (800) 287-3650.

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