

SMOKY AIR FROM FIRES

Six Important Tips to Protect Yourself and Your Family

1. Pay attention to air quality reports on radio, TV or in the newspaper and follow instructions about outdoor activities and safety measures. Check Air Quality conditions at Feather River Air Quality Management District (FRAQMD) at www.fraqmd.org
2. If you see or smell smoke, limit time and activity outdoors.
3. If you are advised to stay indoors, keep indoor air as clean as possible. Keep windows and doors closed. If you don't have an air conditioner and it is too hot with the windows closed, consider visiting the mall, the library, or a place with air conditioning for temporary relief.
4. Keep car windows closed while driving and run the air conditioner on the inside air setting.
5. Drink plenty of water.
6. Follow your health care provider's advice about medications and managing your health conditions. Call your doctor if your symptoms worsen. Keep at least a five day supply of medication on hand.

Important to Remember

- Children, the elderly, pregnant women and people with lung and heart problems are more likely to be affected by health threats from smoke.
- Dust masks are not effective against wildfire smoke.
- Even healthy people may experience negative health effects when smoke becomes dense.
- Contact your healthcare provider if you have symptoms of cough, shortness of breath, or other symptoms you believe to be caused by smoke.

Air Conditioning and Swamp Cooler Information

- Turn air conditioning units to re-circulate mode in your home and car, or use ceiling or portable fans.
- Avoid using whole house fans and swamp coolers that suck outdoor air into the home.

Sutter County Public Health

www.suttercounty.org

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