





## DEALING WITH SMOKE









## TIPS FOR THE COMMUNITY

As Northern Californians live in areas with wildfire smoke, there are some things we can do to protect our health from the harmful pollutants filling our air.

The ash and smoke from wildfires can irritate eyes and airways, causing coughing and/or a scratchy throat, even if you are a healthy person. They can also irritate your sinuses and cause headaches or a runny nose.

Very small particles that people can not see are also released into the air from a wildfire. These particles can lodge into our lungs, causing irritation. Long term exposure increases the risk of poor lung function. The particles can also make the body more susceptible to developing diseases such as asthma, bronchitis, emphysema, and cancer.

Here are some tips you can follow to protect you and your family members from unhealthful air:

- Stay indoors. Choose indoor options when air pollution levels are unhealthful. Keep your windows and doors closed. Use your air conditioning system and place it on recirculation mode if available.
- Reduce outdoor activity. Reducing your physical activity in outdoor areas lowers the amount of
  polluted air your body intakes. Curtail your involvement in outdoor activities and events that require
  prolonged exposure and strenuous exercise or sports participation.
- Consult your physician, if needed. If you suffer from a heart or lung ailment, or other chronic disease, your physician can advise you on treatment or whether and when you should leave the area. Call your doctor immediately if your condition worsens. If you suffer from chronic diseases, have an adequate supply of medications (5 days or more) available.
- Stay alert. Listen to your local news and weather forecasts and air quality advisories provided by Spare the Air and/or the Placer County Air Pollution Control District. If the air quality in your area worsens take necessary precautions and plan your activities accordingly.

If you have any questions, about air quality, please call the Air District at 530-745-2330 or visit our website at <a href="https://www.placer.ca.gov/apcd">www.sparetheair.com</a>. If you have any questions regarding health, please call the Placer County Health and Human Services Department at (530) 889-7141.