

Air Quality Advisory and Smoke-Related Health Statement

June 24, 2008 - The Yolo-Solano Air Quality Management District in consultation with Yolo County Health Officer Bette Hinton, M.D., and Solano County Public Health Officer Ron Chapman, M.D. is advising residents to take precautions and avoid outdoor activities due to the smoke in the region caused by fires.

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.

Hundreds of fires continue to burn in Northern and Central California and it is unlikely conditions will improve this week. This advisory is in effect while fires continue to burn.

For more information, contact the Yolo-Solano AQMD at (530) 757-3650 or (800) 287-3650.