



YOLO-SOLANO
AIR QUALITY MANAGEMENT DISTRICT

FOR IMMEDIATE RELEASE

June 30, 2018

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Yolo-Solano Air Quality Management District
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Air Quality Advisory Issued for June 30 and July 1, 2018

(Davis, CA) – The Yolo-Solano Air Quality Management District (District) is issuing an Air Quality Advisory to notify residents of local air quality conditions. The Advisory is in regards to the County Fire in Guinda, CA, at County Road 63 and Highway 16 in Rumsey Canyon, that is transporting smoke throughout the District and into neighboring counties.

The National Weather Service has issued a Red Flag warning through Sunday with gusty winds, hot temperatures and low humidity. Air quality will be affected as the fire continues to burn and sends smoke into the air and throughout the District.

The following tips and strategies can help families and individuals stay informed and lower their health impacts and exposure when wildfire smoke is present:

- Reduce outdoor physical activity. Exercise increases the amount of air lungs intake by as much as 10 to 20 times, allowing pollution and smoke to travel deeper into the lungs.
- Reduce exposure to smoke. Children, the elderly, women who are pregnant, and people with respiratory or heart conditions should be particularly careful to avoid exposure. Make sure to follow your doctor's directions regarding medicines and asthma management plans. Call your doctor if symptoms worsen and whether you should leave the area.
- Lower other sources of indoor air pollution. Smoking cigarettes, using gas, propane and wood-burning stoves and furnaces, spraying aerosol cans and even burning candles or incense can increase particle levels in a home and should be avoided when wildfire smoke is present.
- Pay attention to local news. Watch the news for health warnings as well as what to do in an emergency situation. Paying attention to public health messages is a measure residents can take to avoid smoke impacts and stay informed.
- Stay indoors. Avoid outdoor activities regardless of health or fitness level. Smoke affects everyone.

- Turn on your air conditioner. Reduce exposure to outdoor smoke by closing all windows and doors and turning on the air conditioner. Consider visiting a place with air conditioning if no air conditioner is available and it is too warm to stay indoors.
- Sign up to receive local air quality alerts and forecasts via email or text at: <http://ysaqmd.enviroflash.org/>.
- Follow the District online. Stay informed of local air quality issues by visiting the Air District's website at: www.ysaqmd.org or following on Twitter: <https://twitter.com/YoloSolanoAir> or Facebook: www.facebook.com/YoloSolanoAir. YSAQMD covers all of Yolo County and the portion of Solano County that includes Dixon, Rio Vista and Vacaville.
- If traveling in a car is necessary, reduce the amount of wildfire smoke inside the car by keeping windows and doors closed. Keep vents shut and if possible use the car's 'recirculate air' option.

Wildfire smoke is made up of a complex mixture of gases and fine particles when wood and other organic materials are burning that can penetrate deep into the lungs causing a range of health issues from coughing and trouble breathing to headaches and chest pain.

For more information about the Yolo-Solano Air Quality Management District, including signing up for air quality alerts and the monthly newsletter, visit: www.ysaqmd.org. Connect with the District on Facebook at: www.facebook.com/YoloSolanoAir or on Twitter at: [www.twitter.com/YoloSolanoAir](https://twitter.com/YoloSolanoAir).

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