



SMOKE HEALTH ADVISORY

October 24, 2019

Due to the Kincade Fire, there may be parts of northern Sonoma County where air quality conditions are **UNHEALTHY**. Changing wind patterns and pending fire conditions are making air quality unpredictable. We are hopeful that air quality conditions will improve after the weather changes. This health advisory will remain in effect, until the air quality significantly and consistently improves.

People may begin to experience some adverse health effects, and members of sensitive groups may experience more serious effects. **Children, pregnant women, the elderly, and those with respiratory conditions such as asthma, lung disease and heart disease are most at risk for harmful impacts**. People with health conditions should:

- Contact your health care provider if you have concerns regarding your health condition.
- Those with heart or lung disease, older adults, pregnant individuals, and children should avoid prolonged or heavy exertion, and should either reschedule outdoor activities or move them to another location.
- Elevated particulate matter in the air can trigger wheezing in those who suffer from asthma, emphysema, Chronic Obstructive Pulmonary Disease (COPD), or other respiratory conditions.
- Asthmatics should follow their asthma management plan.
- Keep up to two weeks' worth of extra medication on hand. Be ready with plans to treat asthma or diabetes when there is smoke.
- Individuals should contact their physician if they have cough, shortness of breath, or other symptoms believed to be caused by smoke. Concerned individuals should consult their physician for personalized recommendations.

As much as possible everyone should limit their time outdoors especially if the smell of smoke is present. Protect your health by following these healthy habits:

- Limit your time outside and stay indoors as much as possible.
- If possible, seek shelter in buildings with filtered air OR move to areas outside the region less impacted by wildfire smoke until smoke levels subside.
- Reduce exposure to smoky air by keeping your windows and doors closed unless it's extremely hot outside.
- Set air conditioning units and car vent systems to re-circulate to prevent outside air from moving inside.
- Run your home or car air conditioner on recycle or recirculate. Keep the fresh air intake closed and the filter clean to prevent bringing additional smoke inside.
- Because of the serious air quality conditions, residents should avoid adding additional air pollution by curtailing wood burning, lawn mowing and leaf blowing, driving and barbecuing.
- There is no clear evidence that N-95 respirator mask use by members of the general public is beneficial to an individual's health during wildfire smoke air quality events, and there could be harms. If you have questions about the personal use of N-95 respirator masks please contact your physician.

Follow the trend of air quality at this website: <https://www.purpleair.com/map#7.79/38.272/-122.006>.

Note the monitors providing data to this site are not routinely calibrated and air quality experts indicate the data from these monitors “run high”.

Data from the Bay Area Air Quality Management District’s (BAAQMD) Sebastopol monitor, which is maintained by air quality experts, is located here: <http://www.baaqmd.gov/about-air-quality/current-air-quality/air-monitoring-data?DataViewFormat=daily&DataView=aqi&StartDate=11/13/2018&ParameterId=316>

Other Resources:

- NSCAPCD: <http://aqnow.sonoma-county.org/AirVision/>
- BAAQMD: <http://www.baaqmd.gov/>
- EPA: <https://www.airnow.gov/>
- CDC: <https://www.cdc.gov/features/wildfires/index.html>

When checking the AQI, please note that federal certified monitors at EPA’s AirNow Fires site are most accurate (but have an update lag of 2-3 hours), and that PurpleAir is good for directional trends and changes over time, but is known to overestimate measurements in smoky conditions.