



# DEALING WITH SMOKE

# TIPS FOR RESIDENTS

FROM THE AIR DISTRICTS OF THE SACRAMENTO REGION

As fire agencies battle wildfires in the area, there are things you can do protect your health from the harmful pollutants filling the air due to wildfire smoke.

While the ash and smoke from wildfires are visible reminders of the pollution impacting an area, be even more cautious of the fine particles within smoke that you can't see. These particles, which are invisible to the naked eye, bypass our body's natural defense system and lodge in our lungs.

The ash and smoke can irritate your eyes and airways, cause coughing and/or a scratchy throat. They can also irritate your sinuses, cause headaches or a runny nose. Over the long-term, smoke can decrease lung function and make the body more susceptible to developing diseases such as asthma, bronchitis, emphysema and possibly cancer.

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

- ✓ **Stay indoors.** Limit your exposure to poor air quality conditions as much as possible. Keep your windows and doors closed. Use your air conditioning system and place it on recirculation mode, if available.
- ✓ **Reduce outdoor activity.** Reducing outdoor physical activity lowers the amount of polluted air your body intakes. Shorten your involvement in outdoor activities, sports and events that require prolonged exposure or strenuous exercise.
- ✓ **Consult a physician.** If you suffer from a heart or lung ailment, or other chronic disease, talk with a doctor. Your physician can advise you on treatment or whether and when you should leave the area. Call a doctor immediately if your condition worsens.
- ✓ **Have a plan.** Keep an adequate supply of your medications (five days or more) on hand. If you suffer from asthma, have a written asthma management plan available.
- ✓ **Stay alert.** Listen to your local news, weather forecasts and air quality alerts provided by the local air district or through the Sacramento region's Spare The Air program. If the air quality in your area worsens take necessary precautions to protect your health.

SACRAMENTO METROPOLITAN



Serving Sutter and Yuba Counties



If you have air quality questions, please call your local air district:

- El Dorado County Air Quality Management District - (530) 621-7501
- Feather River Air Quality Management District (Yuba and Sutter Counties) - (530) 634-7659
- Placer County Air Pollution Control District - (530) 745-2330
- Sacramento Metropolitan Air Quality Management District - (916) 874-4800 or (800) 880-9025
- Yolo-Solano Air Quality Management District - (530) 757-3650