



SMOKE HEALTH ADVISORY

November 9, 2018

UPDATE

Air quality conditions in Sonoma County have worsened. Although air quality varies across the county some areas are in the unhealthy or very unhealthy ranges. The National Weather Service predicts these conditions will remain for the next 24 hours.

Everyone should limit their time outdoors and avoid outdoor exertion.

Children, the elderly and those with respiratory conditions such as asthma, lung disease and heart disease are most at risk for harmful impacts.

To decrease your exposure to wildfire smoke and to limit harmful effects from smoke follow 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.
- Keep your windows and doors closed unless it's extremely hot outside.
- 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.
- If you or your children have asthma or other lung disease, make sure you follow your doctor's directions about taking your medicines and following your asthma management plan. Call your doctor for advice if symptoms worsen or consider leaving the area.

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

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>