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Air Pollution Control Officer

Smoke-Related Health Statement Valid thru Sunday June 29, 2008

(Marysville, CA) –The Feather River Air Quality Management District along with Dr. Kinnison, Sutter County Health Officer, and Dr. Cassady, Yuba County Health Officer, are advising residents to take precautions and avoid voluntary outdoor activities as smoke from wildfires continues to remain at ground level in the region.

We are advising schools, recreation districts and other organizations that operate outdoor sports programs to voluntarily cancel or postpone practices, games and recreational activities anytime particle air pollution reaches unhealthy levels.

Air quality levels over the weekend are likely to remain **Unhealthy**. Air quality levels for the Yuba-Sutter region can be viewed at <http://www.fraqmd.org/AQIndex.htm>.

Hundreds of fires continue to burn in Northern and Central California. Weather and air quality forecasters expect continued high pressure and light winds through the weekend, which will cause the smoke to remain in many areas.

Individuals who see or smell smoke should take the following actions to protect their health:

- Avoid voluntary outdoor activities if you can see or smell smoke, even if you're 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 PM can cause heart attacks

The very small particles in smoke can irritate the lungs of even healthy people, but are especially dangerous for seniors, children and those with lung and heart disease.

For additional information on air quality health effects, please visit www.fraqmd.org or call the District office at (530) 634-7659.