



SISKIYOU COUNTY

Health and Human Services Agency

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HEALTH ALERT

County of Siskiyou Public Health Officer, Dr. Stephen Kolpacoff advises residents in Siskiyou County to be aware that air quality reached unhealthy levels today and at the time of this press release has not decreased due to severe smoke in the region. Residents with lung or heart disease, and the elderly are advised to leave areas where levels of particulate matter are high. Prolonged or heavy exertion should be avoided outdoors when air quality conditions are poor. Due to shifting winds, the air quality will vary from hour to hour. Use the visibility index and check air quality updates to determine breathing risk. The Siskiyou County Air Pollution Control District has deployed real time smoke monitoring devices. The data regarding particulate matter and other health related information may be viewed at www.co.siskiyou.ca.us under the Current Wildfire Information Link.

In addition to fine particulates (PM 2.5), wildfire smoke contains other substances hazardous to your health including carbon monoxide (CO), ozone, and various volatile organic compounds. When PM 2.5 concentrations are elevated to hazardous levels, other unhealthy compounds may be present at very high levels as well. More information is available at <http://www.airnow.gov> about the health impacts of smoke, and how to protect your family from smoke here: http://www.airnow.gov/index.cfm?action=topics.smoke_events

Due to the poor air quality throughout the county, Smoke Respite Centers have been established for all community residents who need to leave their homes during the day due to unhealthy levels of smoke. Centers have been opened at the following locations:

- **Happy Camp** - Karuk Senior Nutrition Program Building located at 64101 Second.
 - Hours: M-F 8am-5pm
- **Yreka** – Yreka Community Resource Center, 201 S. Broadway St.
 - Hours: T-F 9am-12pm and 1pm-5pm
- **Fort Jones** - Scott Valley Family Resource Center – 11920 Main St.
 - Hours: T-F 9am-5pm
- **Weed** - Weed Family Resource Center – 260 Main St.
 - Hours: T-Th 10am-4pm

Public Health offers the following strategies to reduce smoke exposure:

1. Stay indoors. Keep indoor air as clean as possible. Keep windows and doors closed.
2. Reduce physical activity.
3. Reduce other sources of air pollution (spraying aerosol cans, vacuuming, frying foods, etc.).
4. Consult your physician if you have any concerns about your health condition.
5. Seek relief by leaving the area if possible or consider visiting the library, a local family resource center or a place with air conditioning for temporary relief.

PUBLIC HEALTH DIVISION

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6. Use air quality reports posted on the web, or get updates from radio, TV or in the newspaper and follow instructions about outdoor activities and safety measures.
7. Keep car windows closed while driving and run the air conditioner on the inside air setting.
8. Drink plenty of water.
9. Follow your doctor's advice about medicines and about managing your health conditions. Call your doctor if your symptoms worsen. Keep at least a five day supply of medication on hand.

***For questions: Please call Public Health at 841-2134.