



COUNTY OF SISKIYOU

PUBLIC HEALTH & COMMUNITY DEVELOPMENT DEPARTMENT
Building ♦ Environmental Health ♦ Office of Emergency Services
Personal Health ♦ Planning

806 South Main Street · Yreka, California 96097
Phone: (530) 841-2100 · Fax: (530) 841-4076
www.co.siskiyou.ca.us/PHS/phs.aspx

TERRY BARBER
DIRECTOR

STEPHEN PERLMAN, M.D.
HEALTH OFFICER

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CONTACT: Lynn Corliss, PHN 841-2130
Ron Quigley 841-2155

County of Siskiyou Public Health Officer, Dr. Stephen Perlman advises residents throughout Siskiyou County to be aware that air quality may be extremely poor in many areas due to very unhealthy smoke conditions. 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 outdoors should be avoided 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 data in Happy Camp, Fort Jones and Yreka. The data and other health related information may be viewed at <http://www.co.siskiyou.ca.us/>

In the communities of Fort Jones and Happy Camp, Smoke Respite Centers are being prepared for residents who need to leave their homes during the day due to heat and/or poor air quality. The Family Resource Centers in these communities are graciously offering a comfortable atmosphere for residents to congregate away from the smoke Monday through Friday 9 am to 5 pm. The facilities are air conditioned and residents will need to bring their own lunches and snacks if they plan to spend the day. The locations are:

- **Ft Jones- 11920 Main Street 468-2450**
- **Happy Camp - 38 Parkway. 493-5117**

Public Health and Community Development offer the following strategies to reduce smoke exposure.

1. Stay indoors and 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.
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.

Any questions may be directed to the Public Health and Community Development Department at 841-2100.