NORTH COAST UNIFIED AIR QUALITY MANAGEMENT DISTRICT
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FOR IMMEDIATE RELEASE

Air Quality Advisory

Unhealthy Conditions

For the following areas:

Humboldt County: Willow Creek, Dinsmore, Bridgeville, Blocksburg
Del Norte County: Gasquet
Trinity County: Weaverville, Big Bar, Junction City, Mad River, Ruth

Smoke levels in these area(s) have been classified as *Unhealthy* and are creating a health hazard. Depending upon your proximity and in areas near the fires, smoke concentrations could range from Unhealthy to even Hazardous. These conditions are problematic for those with health conditions. Smoke Levels continue to be monitored. Please watch for updates.

People are recommended to restrict outdoor activity.

Symptoms that may be related to excess smoke exposure include:

- Repeated coughing
- Shortness of breath or difficulty breathing
- Wheezing
- Chest tightness or pain
- Palpitations
- Nausea or unusual fatigue
- Lightheadedness

If you have any of the symptoms listed above, contact your health care provider. Please see the NCUAQMD's General Public Service Announcement for recommendations on limiting smoke exposure.

For 24-hour Air Quality Advisory Information, call the NCUAQMD's hotline toll-free at 1-866-BURN-DAY (1-866-287-6329), or visit the website at www.ncuaqmd.org