



**NORTH COAST UNIFIED AIR QUALITY
MANAGEMENT DISTRICT**
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Issued August 12, 2015

FOR IMMEDIATE RELEASE

Wildfire Smoke Public Service Announcement



Smoke, haze, and degraded air quality conditions continue throughout Humboldt, Del Norte and Trinity Counties due to the numerous fires in the Six Rivers and Shasta-Trinity National Forest as well as State Responsibility Areas.



Air quality monitors continue to show low particulate matter concentrations in the *Good to Moderate* range in the greater Humboldt Bay and Eureka area. Areas in the Trinity River and South Fork Trinity River drainages have remained in the *Unhealthy* range. *Unhealthy* and *Hazardous* Advisories have again been issued for the inland communities near the fires (see www.ncuaqmd.org).



A low pressure system remains semi-stationary off-shore for the next 24 hours. Coastal areas can expect to see a N to NW flow with a SSE flow further inland. Coastal cloud cover will continue, with eastern parts of the area tending to be sunnier and drier. Day time smoke dispersion should range from adequate to good the next few days with increased fire activity. Smoke will tend to settle in nearby drainages during evenings through mornings. Smoke will continue to settle into the South Fork and Trinity River drainages. A rebuilding high pressure is forecast for Friday into the weekend.



These are the main fires of interest that are generating smoke:

- Mad River Complex** (Humboldt/Trinity County)
- Humboldt Complex** (Humboldt County)
- Route Complex** (Humboldt County)
- Nickowitz Fire** (Humboldt County)
- Gasquet Complex** (Del Norte County)
- South Complex** (Hyampom (Trinity County)
- River Complex** (Trinity County)
- Fork Complex** (Trinity County)
- Rocky Fire** – Lower Lake (Lake County)



* Fire Information at www.inciweb.nwcg.gov

Health Information for Smoke Impacts

Concentrations of smoke may vary depending upon location, weather, and distance from the fire. Smoke from wildfires and structure fires contain harmful chemicals that can affect your health. Smoke can cause eye and throat irritation, coughing, and difficulty breathing. People who are at greatest risk of experiencing symptoms due to smoke include: those with respiratory disease (such as asthma), those with heart disease, young children, and older adults.

These sensitive populations should stay indoors and avoid prolonged activity. All others should limit prolonged or heavy activity and time spent outdoors. Even healthy adults can be affected by smoke. Seek medical help if you have symptoms that worsen or become severe.

If you can see, taste, or feel smoke, contact your local health department and/or primary healthcare provider. This is especially important if you have health concerns, are elderly, are pregnant, or have a child in your care.

Follow these general precautions to protect your health during a smoke event:

- Minimize or stop outdoor activities, especially exercise
- Stay indoors with windows and doors closed as much as possible
- Do not run fans that bring smoky outdoor air inside – examples include swamp coolers, whole-house fans, and fresh air ventilation systems
- Run your air-conditioner only if it does not bring smoke in from the outdoors. Change the standard air conditioner filter to a medium or high efficiency filter. If available, use the “re-circulate” or “recycle” setting on the unit
- Do not smoke, fry food, or do other things that will create indoor air pollution

If you have lung disease (including asthma) or heart disease, closely monitor your health and contact your doctor if you have symptoms that worsen.

Consider leaving the area until smoke conditions improve if you have repeated coughing, shortness of breath, difficulty breathing, wheezing, chest tightness or pain, palpitations, nausea, unusual fatigue, lightheadedness.

**For 24-hour Air Quality Advisory Information, call toll-free at
1-866-BURN-DAY (1-866-287-6329).**

**For further information, visit the District’s website at
www.ncuaqmd.org**

