NORTH COAST UNIFIED AIR QUALITY MANAGEMENT DISTRICT
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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 Mad River drainages have remained in the *Unhealthy* range. An *Unhealthy* Advisory has been issued for the inland communities near the fires (see www.ncuaqmd.org).

Onshore N to NW wind will continue today. The high pressure system coming into the area beginning Friday evening will result in decreased smoke dispersion, slower transport winds and lower mixing heights. Inland areas can expect increasing temperatures and overnight and early morning inversions. Winds associated with the high pressure will shift from Southerly to N, NW, and NE flow. Smoke will continue to settle in nearby drainages during the evening through the morning hours. Settling is expected in the South Fork and Trinity River drainages.

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