

LAKE COUNTY AIR QUALITY MANAGEMENT DISTRICT

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-PUBLIC INFORMATION RELEASE-

CONTACT: Douglas Gearhart, APCO @ 263-7000 **RELEASE DATE:** November 8, 2018
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AIR QUALITY ALERT **Unhealthy Air Quality for Lake County.**

The smoke and haze currently impacting many areas of Lake County is primarily the result of the Camp Fire in Butte County. All other areas of Lake County are forecast to have periods of "UNHEALTHY" conditions depending on the wind. These conditions are expected to impact the County through tomorrow and intermittently until the fires are out.

The District is actively monitoring the smoke impacts throughout the County. Go to WWW.LCAQMD.NET and follow the link to 'Current Air Quality Index' for current particulate levels. Current particulate levels in Lake County are in the range from "Good" to "UNHEALTHY". We expect similar conditions to continue depending on the weather pattern. When particulate levels reach "UNHEALTHY" levels, everyone needs to take steps to protect themselves from exposure. All areas of the County may experience "UNHEALTHY" air quality as smoke settles into the basin.

Conditions can change quickly. Smokey conditions can cause irritation of the eyes, nose and air passages. These conditions can be especially hazardous for sensitive individuals including children, teenagers, the elderly, individuals with heart conditions, and those with chronic lung disease such as asthma, bronchitis, and other respiratory conditions. Individuals with asthma, bronchitis, emphysema and other lung or heart diseases should carefully adhere to their medical treatment plans and maintain at least a five-day supply of prescribed medications. They should limit outdoor activity and unnecessary physical exertion while smoke is present. Air conditioning that recirculates indoor air should be used, when available. Drinking plenty of water to avoid drying of the airways is recommended, unless restricted for medical reasons.

When conditions reach "UNHEALTHY" levels, people are recommended to use caution, avoid strenuous activity, avoid outdoor activities, and reduce other sources of air pollution (such as smoking, use of aerosol products, frying or broiling meats, burning

candles, vacuuming, etc.) and be prepared for rapidly changing conditions.

If you cannot leave the smoky area, good ways to protect your lungs from wildfire smoke include staying indoors, changing your indoor air filters, using a HEPA air filter, and reducing physical activity. Wearing an air purifying respirator can also help protect your lungs from wildfire smoke. Air purifying respirators, such as N-95 or P100 filtering face pieces, may be effective in reducing some of the harmful particulate matter, but they also increase the work of breathing, can lead to physiologic stress, and are not recommended as a general protective measure. Dust masks and medical masks are not protective against the ultra fine particulate, which is the pollutant most detrimental to health caused by wildfire smoke.

Localized areas in the "UNHEALTHY" air quality can be expected into Friday, and intermittently until the fire is out. Take appropriate measures until the smoke clears.