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Air Quality Status "GOOD" for Monday, Sept. 14, 2015 Air quality levels in Lake County are "Good" in most areas; be aware of rapidly changing conditions.

The Valley Fire continues to burn in Lake County resulting in smoke, haze, and degraded air quality. Lake County is currently experiencing "Good" air quality. The prediction for Monday has improved to "Good" air quality in Lake County from yesterday's "Unhealthy" to "Hazardous" status. Most Lake County areas are expected to remain in the "Good" range today. Be advised, areas closer to the active fire may experience worse air quality due to the high levels of fine particulates. Conditions may change rapidly and air quality could transition to an unhealthy range until the fire is out.

Smokey conditions can cause irritation of the eyes, nose and air passages. These conditions can be hazardous for sensitive individual including young children, 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. 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.

Dust masks are not protective against the most harmful pollutants caused by wildfire smoke that drifts to nearby areas. They are useful in filtering out the ash and larger particles that are encountered in burn areas. Air purifying respirators, such as N-95 filtering face pieces, may be effective in reducing harmful particulate matter, but also increase the work of breathing, can lead to physiologic stress, and are not recommended as a general protective measure.