



SACRAMENTO METROPOLITAN



Date: August 28, 2020

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Periods of Smoke Pollution Impacts from Wildfires Will Continue

When Smoke is Present Stay Indoors to Protect Your Health

Over the next week, the Sacramento region will continue to experience on-and-off smoke pollution impacts from wildfires still burning throughout Northern California. Although less smoke production is expected from the LNU Fire Complex as containment increases, the Sacramento region will experience smoke impacts from other fires now burning in Glenn and Tehama counties. The strength of the Delta Breeze will fluctuate leading potentially to periods of heavy and light smoke. Sacramento County is expected to reach particulate matter (PM) pollution levels ranging in the high Moderate (yellow) to the Unhealthy for Sensitive Groups (orange) categories on the Air Quality Index.

The Sacramento Metropolitan Air Quality Management District (AirQuality.org), in conjunction with Sacramento County Public Health, is **advising residents to stay indoors if they smell smoke, as this is the most effective way to reduce exposure.**

Besides staying indoors when smoke is present, other suggestions include:

- Use your air conditioner set to re-circulating indoor air mode
- Go outside only if you must, and minimize outdoor activities if you see or smell smoke
- Contact your doctor if you have symptoms of cough, shortness of breath, or other symptoms you believe to be caused by smoke
- Children, the elderly and people with respiratory or heart conditions should be particularly careful to avoid exposure
- Those with heart disease should especially limit their smoke exposure due to increased risk of heart attacks
- If you have asthma, follow your asthma management plan
- Reduce indoor air pollution by not smoking indoors, using gas, propane or wood burning stoves or furnaces, using spray can products, frying or broiling food, burning candles and vacuuming
- Protect your pets from air pollution by keeping them indoors as much as possible and limit outdoor exercise
- Cloth and surgical masks are not necessarily effective protection against smoke particles

For current conditions visit www.sparetheair.com/aqirealtime.cfm, AirQuality.org, or download the Sacramento Region Air Quality app and learn about other ways you can [prepare for the smoke during the wild fire season](#).