



Press Release

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Wildfire Smoke Expected to Impact Sacramento County at Ground Level Again Wednesday and Thursday Residents Urged to Avoid Exposure to Fine Particle Air Pollution

Given that fires continue to burn to the north of the region, on Wednesday and Thursday, Sacramento County will experience again particulate matter pollution levels in the Unhealthy for Sensitive Groups category due to smoke impacts. The Sacramento Metropolitan Air Quality Management District and Sacramento County Public Health are advising residents to take precautions and avoid outdoor activities if they smell smoke.

Northerly and northwesterly winds will transport smoke from the fires in northwestern California into the Sacramento region. Besides causing a hazy sky, the smoke is forecast to mix to ground level in Sacramento County. Smoke at ground level is especially concerning since residents are likely to breathe in fine particle pollution when they are outdoors. A wind shift will improve air quality conditions on Friday. However, conditions could change again.

If you smell or see smoke, individuals should take the following actions to protect their health:

- Minimize outdoor activities if you see or smell smoke
- Children, the elderly and people with respiratory or heart conditions should be particularly careful to avoid exposure
- Stay indoors with doors and windows closed as much as possible
- Use your air conditioner set to re-circulating indoor air mode
- Those with asthma should follow their asthma management plan
- Contact your doctor if you have symptoms of cough, shortness of breath, or other symptoms you believe to be caused by smoke
- Those with heart disease should especially limit their smoke exposure due to increased risk of heart attacks

For more information including maps and real-time data, please visit www.AirQuality.org and click on the Wildfire Smoke Information icon.

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