



SACRAMENTO METROPOLITAN



August 31, 2017

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## Smoke-Related Health Statement

Sacramento, CA – The Sacramento Metropolitan Air Quality Management District, in consultation with Sacramento County Health Officer, Dr. Olivia Kasirye, is advising residents to take precautions and minimize outdoor activities from **Thursday, August 31 through Monday, September 4** due to smoke being transported into Sacramento County from numerous fires burning in northern California and southwestern Oregon.

If you smell or see smoke, you should take the following actions:

- Everyone should minimize outdoor activities if you can see or smell smoke, even if you're healthy
- 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
- Asthmatics 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 since PM can cause heart attacks

"Smoke can affect anyone, but it's especially harmful to seniors, children and people who have existing breathing problems like asthma or emphysema," said Sacramento County Public Health Officer, Dr. Olivia Kasirye. "The fine particles in smoke can make it harder to breathe and reduce oxygen intake so if you see or smell smoke please minimize outdoor exertion," she added.

Check current conditions for the Sacramento region at [www.SpareTheAir.com/wildfire.cfm](http://www.SpareTheAir.com/wildfire.cfm).

Residents may sign up for Air Alert emails at [www.SpareTheAir.com](http://www.SpareTheAir.com) or download the free Sacramento Region Air Quality app available in all three app stores. All these services make it easier for residents to stay aware of air quality conditions to protect their health.

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