



SACRAMENTO METROPOLITAN



October 10, 2017

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Smoke-Related Health Statement

Sacramento, CA – The Sacramento Metropolitan Air Quality Management District, in consultation with Sacramento County Public Health Officer, Dr. Olivia Kasirye, is advising residents to take precautions and minimize outdoor activities on **Tuesday, October 10 and Wednesday, October 11** due to smoke being transported into Sacramento County from numerous fires burning in northern California.

If you smell or see smoke, 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

"The smoke from wildfires can pose a health risk for anyone, but is especially harmful for older adults, young children, and those with existing health conditions," said Sacramento County Public Health Officer, Dr. Olivia Kasirye. "If you see or smell smoke limit outdoor activities," she added.

Check current conditions for the Sacramento region at www.SpareTheAir.com/wildfire.cfm.

To know what you're breathing, download the free Sacramento Region Air Quality app available in all three app stores or sign up for Air Alert emails at www.SpareTheAir.com.

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