



SACRAMENTO METROPOLITAN



July 3, 2018

Contact: Sac Metro Air District Communications Office (916) 874-4888  
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## Extended 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 extending this Smoke-Related Health Statement. Residents are advised to continue to take precautions and minimize outdoor activities **today through Sunday, July 8** due to smoke being transported into Sacramento County from the County Fire burning in Yolo County and Napa County.

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](http://www.SpareTheAir.com/wildfire.cfm).

To know what you're breathing, download the free Sacramento Region Air Quality app or sign up for Air Alert emails at [www.SpareTheAir.com](http://www.SpareTheAir.com).

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