



November 16, 2018

Contact: Sac Metro Air District Communications Office (916) 874-4888  
Sacramento County Public Health (916) 874-7798

## **Wildfire Smoke Advisory Continues Through Monday, November 19**

Sacramento, CA – The Sacramento Metropolitan Air Quality Management District, in conjunction with Sacramento County Public Health, continues to advise residents to take precautions, stay indoors with doors and windows closed, and minimize outdoor activities through Monday, November 19 due to smoke from the Camp Fire.

Due to the unpredictable nature of wildfire smoke, particulate matter (PM) pollution levels can be elevated in one area, but not another so check Current Conditions at [www.SpareTheAir.com/aqirealtime.cfm](http://www.SpareTheAir.com/aqirealtime.cfm) before making any outdoor plans.

Wildfire smoke is harmful to your health. If you see or smell smoke, take the following actions:

- Stay indoors with doors and windows closed as much as possible
- Minimize outdoor activities if you 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
- 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

For more information, visit the Sac Metro Air District's wildfire page at <http://www.airquality.org/Air-Quality-Health/Climate-Change/Public-Outreach/Wildfire-Smoke-Information>

You may also 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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