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Press Release

FOR IMMEDIATE RELEASE

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Air Quality Alert: Wildfire Smoke Warning

Sutter Creek, CA – Amador County Public Health alerts community members that because of smoke from the Butte Fire, air quality is unsafe in many areas. Avoid exposure as much as possible. Those with chronic health conditions, young children, pregnant women and elderly adults should especially be aware and take protective measures.

“Take precautions,” cautions Dr. Rita Kerr, Amador County Public Health Officer. “The main health threat from wildfire smoke comes from fine particles. These particles can get into the eyes and respiratory system causing burning eyes, runny nose, throat irritation and illnesses such as bronchitis. Smoke can also worsen existing health conditions and increase breathing problems.”

If you smell or see smoke, take these steps to protect your health:

- Minimize outdoor activities.
- Stay indoors with the windows and doors closed.
- Do not run fans that bring smoky air inside (such as swamp coolers or fresh air ventilation systems).
 - If you have a wall unit air conditioner, set it to “re-circulate.”
- Do not smoke, fry food or perform other activities that that will create indoor air pollution.
- If you have chronic health conditions, monitor your health closely. Contact your health provider if your symptoms worsen, including repeated coughing and wheezing.
- If you are experiencing a health emergency, call 911.
- Drink lots of water to keep airways moist.
- Keep your car windows closed and set air conditioner to re-circulate.

Anyone, especially those with heart or lung disease, who experiences repeated coughing, shortness of breath, difficulty breathing, wheezing, chest tightness or pain should contact their doctor or seek medical attention.

For additional information on wildfire smoke, please visit: <http://www.cdc.gov/features/wildfires/>.

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