



SACRAMENTO METROPOLITAN



August 6, 2018

Contact: Sac Metro Air District Communications Office (916) 874-4888
Sacramento County Public Health (916) 642-5508

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 issuing a Smoke-Related Health Statement. Residents are advised to continue to take precautions and minimize outdoor activities from **Monday, August 6, through Friday, August 10**, due to smoke being transported into Sacramento County from fires 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 when air quality is poor
- 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 exposure since particulate pollution from smoke can cause heart attacks

“Smoke in the air from wildfires can aggravate pre-existing conditions for those with respiratory issues,” says Sacramento County Public Health Officer Dr. Olivia Kasirye. “Older adults, people with chronic diseases and young children are most at risk and should avoid outside activities if they see or smell smoke.”

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 or sign up for Air Alert emails at www.SpareTheAir.com.

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