



November 14, 2018

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

Wildfire Smoke Statement

Sacramento, CA – The Sacramento Metropolitan Air Quality Management District, in conjunction with Sacramento County Public Health, is advising residents to take precautions and minimize outdoor activities through Friday, November 16 due to smoke from the Camp Fire that continues to impact the county's air quality.

Due to the unpredictable nature of wildfire smoke, particulate matter (PM) pollution levels can be elevated in one area, but not another.

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

- 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
- 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

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.

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