

# JOINT NEWS RELEASE



## Air Quality Management District / Health & Human Services Agency El Dorado County

**FOR IMMEDIATE RELEASE**  
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### WILDFIRE SMOKE ADVISORY

(PLACERVILLE, CA) - Air quality in El Dorado County is intermittently impacted by smoke from wildfires in the region and state. County health officials are reminding residents to take precautions if wildfire smoke affects areas where they live, work and recreate.

“Wildfires produce smoke that can cause health problems, particularly for children, older adults, and those with heart disease or respiratory issues. Residents are advised to limit outdoor activity and exposure if they see or smell smoke, and to utilize available online tools and information to monitor air quality,” said Dr. Matthew Minson, El Dorado County Public Health Officer.

Recommended ways to reduce your smoke exposure include:

- Stay inside with the windows and doors closed as much as possible.
- Take activities indoors and delay strenuous outdoor exercise until smoke has cleared.
- Children, pregnant women, and older adults should avoid outdoor activity, especially prolonged outdoor exercise.
- People with heart disease, respiratory or chronic health issues should stay indoors.
- Leave smoke impacted areas until conditions improve, if possible.
- Stay hydrated; drink lots of water to keep airways moist.
- Minimize the creation of indoor particulate matter (avoid cigarette smoking, grilling, vacuuming, burning candles and incense).
- Set the air conditioners in your home and car to re-circulating mode.
- Consider creating a 'clean room' at home with an indoor air purifier.
- Visit one of the Clean Air Centers for a respite from the smoke.
- Limit pets' outdoor activities.

While non-HEPA masks may help reduce the spread of viruses, they do not filter out fine particulates in wildfire smoke. Information on masks and smoke can be viewed at:

<https://placerair.org/DocumentCenter/View/46777/Respirators-Masks-and-Face-Coverings?bidId=>

During this fire season, El Dorado County may continue to be intermittently impacted by wildfire smoke. Smoke conditions can change quickly and vary greatly in El Dorado County because of the terrain, wind

direction and weather. Anyone experiencing serious symptoms due to smoke should contact a health professional.

**Additional Resources:**

- Clean Air Centers - <https://ww2.arb.ca.gov/cleanaircenters>
- Air Quality Information – <https://www.airnow.gov>
- AQMD Website - <https://www.eldoradocounty.ca.gov/Land-Use/Air-Quality-Management-District>
- Purple Air Sensors Across the County for Real-Time Air Quality Data - <https://map.purpleair.com/>
- AQMD wildfire webpage: <https://www.eldoradocounty.ca.gov/Land-Use/Air-Quality-Management-District/Wildfire-Smoke-Information>

**Air Quality Index (AQI)**

Air Quality Index	Who Needs to be Concerned?	What Should I Do?
Good (0-50)		It's a great day to be active outside.
Moderate (51-100)	Some people who may be unusually sensitive to particle pollution.	<b>Unusually sensitive people:</b> Consider making outdoor activities shorter and less intense. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier. <b>Everyone else:</b> It's a good day to be active outside.
Unhealthy for Sensitive Groups (101-150)	Sensitive groups include people with heart or lung disease, older adults, children and teenagers, pregnant people, minority populations, and outdoor workers.	<b>Sensitive groups:</b> Make outdoor activities shorter and less intense. It's OK to be active outdoors, but take more breaks. Watch for symptoms such as coughing or shortness of breath. <b>People with asthma:</b> Follow your asthma action plan and keep quick relief medicine handy. <b>People with heart disease:</b> Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.
Unhealthy (151-200)	Everyone	<b>Sensitive groups:</b> Avoid long or intense outdoor activities. Consider rescheduling or moving activities indoors.* <b>Everyone else:</b> Reduce long or intense activities. Take more breaks during outdoor activities.
Very Unhealthy (201-300)	Everyone	<b>Sensitive groups:</b> Avoid all physical activity outdoors. Reschedule to a time when air quality is better or move activities indoors.* <b>Everyone else:</b> Avoid long or intense activities. Consider rescheduling or moving activities indoors.*
Hazardous (301-500)	Everyone	<b>Everyone:</b> Avoid all physical activity outdoors. <b>Sensitive groups:</b> Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.*

\*Note: If you don't have an air conditioner, staying inside with the windows closed may be dangerous in extremely hot weather. If you are hot, go someplace with air conditioning or check with your local government to find out if cooling centers are available in your community.

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