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## Press Release

**FOR IMMEDIATE RELEASE**

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### **Wildfire Smoke Warning: Air Quality Advisory**

**Sutter Creek, CA** – Some areas of Amador County are experiencing heavy smoke due to smoke drift from wildfires burning in other counties. Amador County Public Health advises community members that air quality may be unsafe for those with sensitive medical conditions. Residents with chronic health conditions, young children, pregnant women and elderly adults should especially be aware and take protective measures.

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, fresh air ventilation systems).
  - If you have a wall unit air conditioner, set it to “re-circulate.”
- Do not smoke, fry food or do 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.

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

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## Wildfire Smoke Health Index

The following table provides an index to assist in assessing the health category based on visibility in your area. Recommended cautionary statements are listed for each category.

To assess visibility:

- Face away from the sun. Determine visibility range by looking for targets that are at known distances (miles).
- The visible range is the point where even high-contrast objects disappear.
- After determining visibility in miles, use the following Index to assess air quality.

Visibility Range	Health Category	Cautionary Statements
10+ miles	Good	None
5 - 10 miles	Moderate	Usually sensitive people should consider reducing prolonged or heavy exertion.
3 - 5 miles	Unhealthy for Sensitive Groups	Sensitive people should reduce prolonged or heavy exertion.
2 - 3 miles	Unhealthy	Sensitive people should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.
1 - 2 miles	Very Unhealthy	Sensitive people should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.
< 1 mile	Hazardous	Sensitive people should remain indoors and keep activity levels low. Everyone else should avoid all physical activity outdoors.