



BAY AREA  
AIR QUALITY  
MANAGEMENT  
DISTRICT

# HEALTH ADVISORY

**For Immediate Release**  
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## **Air quality in Bay Area unhealthy due to smoke from wildfires**

**SAN FRANCISCO** – The Bay Area Air Quality Management District in consultation with Solano County Health Officer Ron Chapman, M.D.,M.P.H., is issuing a health advisory to residents in the Bay Area due to unhealthy air quality from Northern California wildfires.

Air quality throughout much of **Solano, Contra Costa, Alameda, Sonoma and Marin Counties is forecast to reach unhealthy levels today and tomorrow.** The Air District has recorded elevated levels of particulate matter throughout the Bay Area, but especially in the northern and eastern parts of the region, and is advising the public to limit their exposure to the smoky air.

“The wildfire smoke is definitely impacting local air quality,” said Air District Communications Director Lisa Fasano. “We are recommending that the public limit their outdoor activities and pay attention to local weather forecasts to monitor conditions.”

Southern Solano County had the highest particulate matter readings today due to smoke impacts from the Northern California fires, and these levels are forecast to remain high tomorrow.

Bay Area residents are advised to:

- Limit outdoor activities to avoid unnecessary exposure
- Reduce exposure to smoky air by remaining indoors with windows and doors closed
- Set air conditioning units and car vent systems to re-circulate
- If you have asthma or other lung disease, make sure you follow your doctor's directions about taking your medicines and following your asthma management plan. Call your doctor if your symptoms worsen.
- If you have heart or lung disease, if you are an older adult, or if you have children, talk with your doctor about whether and when you should leave the area.

Smoke can irritate the eyes and airways, causing coughing, a scratchy throat and irritated sinuses. Elderly persons, children, and individuals with heart or lung disease are particularly susceptible to elevated air pollution levels and should take extra precautions to avoid exposure. Persons experiencing severe symptoms should seek professional medical advice or treatment.

Residents are asked to pay attention to health advisories that may be issued by local County Health Officers in the event of a threat to public health due to excessive smoke in their communities. The Air District will continue to monitor smoke impacts and issue additional advisories as conditions warrant.

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A Spare the Air advisory is not in effect. On Spare the Air days, residents are encouraged to reduce driving and curb other activities that produce ground-level ozone. The high pollution levels forecast for today are due to wildfires.

For more information about smoke impacts please visit [www.sparetheair.org](http://www.sparetheair.org) or the CAPCOA website: [www.airquality.org/smokeimpact/](http://www.airquality.org/smokeimpact/).

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