



**SOLANO
COUNTY**

COUNTY ADMINISTRATOR'S OFFICE

FOR IMMEDIATE RELEASE

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Solano County Public Health extends smoke health advisory

SOLANO COUNTY – The Solano County Department of Health and Social Services, Public Health division is extending the Smoke Health Advisory due to continued heavy smoke moving into Solano County from the Camp Fire in Butte County.

Solano County is experiencing unhealthy to very unhealthy air quality levels. According to the Bay Area Air Quality Management District, these conditions are expected to persist, at least through Tuesday, because there is so much smoke trapped at the surface and surrounding the region.

The best option is to stay indoors with windows and doors closed. Wildfire smoke contains very small particulate matter that is breathed deep into the lungs. This form of air pollution is linked to several health problems, including coughing, wheezing, reduced lung function, asthma attacks, and potentially, heart attacks and strokes. It can have long-term health impacts. Additionally, wildfire smoke may contain unknown chemicals and particles from man-made materials that have burned (homes, cars, etc.).

“As much as possible, we recommend that the public should limit outdoor activity, even if you are healthy,” said Solano County Health Officer Dr. Bela Matyas. “If you see or smell smoke outdoors, please stay indoors and close your windows and doors to avoid exposure.”

Some groups of people are more sensitive to the adverse health effects of wildfire smoke and should take additional precautions as necessary. These populations include:

- People with heart disease
- People with lung disease, including asthma and COPD
- Children and older adults
- People with obesity or diabetes, and
- Expectant or new mothers

Children are especially at risk for health effects from exposure to wildfire smoke and ash, mostly because their lungs are still growing. Children who breathe in wildfire smoke and ash can have chest pain and tightness; trouble breathing; wheezing; coughing; nose, throat, and eye burning; dizziness; or other symptoms. Children with asthma, allergies, or chronic health issues may have more trouble breathing when smoke or ash is present.

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Follow these tips to decrease your exposure to wildfire smoke:

- Minimize outdoor activities. This is especially important if you have health concerns (such as heart disease or asthma), are elderly, pregnant, or have a child in your care.
- Stay indoors with the windows and doors closed as much as possible.
- At home or in your car, run your air-conditioner on 'recycle' or 'recirculate.' Keep the fresh air intake closed and the filter clean to prevent bringing additional smoke inside.
- For people who must work outside, drink lots of water and check with your employer about taking more frequent breaks.
- Monitor your local air quality report on Airnow.gov for information about the latest air quality conditions by zip code.

Contact your healthcare provider if you or someone in your care experiences symptoms related to smoke exposure, such as repeated coughing, shortness of breath or difficulty breathing, wheezing, chest tightness or pain, palpitations, nausea or unusual fatigue or lightheadedness.

For more information, visit:

Airnow.gov – [Local Air Quality Report](#)

[CDC - Wildfire Smoke](#)

[Yolo-Solano Air Quality Management District – Air Quality Index](#)

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