



**MENDOCINO COUNTY  
AIR QUALITY MANAGEMENT DISTRICT**

**ADVISORIES FOR MENDOCINO COUNTY**

**AIR QUALITY AND PUBLIC HEALTH**

Thursday, October 24, 2019

4:30 PM: The Air District is monitoring potential smoke impacts to our County from the 10,000 acre Kincade Fire, a wind-blown grass and brush fire northeast of Geyserville in Sonoma County. Strong wind from the north to northeast is pushing smoke from the Geyserville area southwest and west. These winds will ease by Thursday evening. Smoke impacts have been observed in Anderson Valley and the south coast of Mendocino County. Currently air monitors in Ukiah and Willits continue to show particulate matter concentrations in the “Good” range.

Based on the meteorological forecast, an even stronger wind event is forecast Saturday night into Sunday, which could increase fire spread and re-direct smoke. All residents should be prepared for smoke throughout the region until the Kincade fire is out.

Please see the accompanying Public Health Advisory for recommendations of personal protection for sensitive groups, as well as, everyone during “Unhealthy” or more severe air quality conditions.

Mendocino County Air Quality Management District continuously monitors the air quality, reporting particulate matter and ozone concentrations hourly to our website: [www.mendoair.org](http://www.mendoair.org). In the sidebar on the right of our webpage (scroll down if using a mobile device) under “**Air Quality for Mendocino**”--**Click Here** for current conditions, forecast, and email alerts. For additional information, click on an air quality index range or the colored tabs below the map.

For more air quality information visit: <https://airnow.gov>

To sign up for air quality notifications visit: <http://www.enviroflash.info/signup.cfm>



## Mendocino County Health & Human Services Agency

*Healthy People, Healthy Communities*  
Tammy Moss Chandler, Director



### **When the Mendocino Air Quality Management District advises that the air quality is “unhealthy” or “hazardous:”**

1. A primary concern is that “high-risk groups” people over 65, under 12, pregnant women, and those people with pre-existing lung disease (such as asthma, bronchitis, COPD) or heart problems, are at particular risk from breathing this air and should take extra precautions. Leave the smoky area if possible or at least stay indoors and limit physical activity.
  - People with pre-existing illnesses should carefully adhere to their medical treatment plans and maintain at least a five-day supply of prescribed medications.
2. Clearly, everyone is a risk when the air quality is in the “unhealthy” or “hazardous” range. If it is not possible to leave the area where smoke is present, recommendations are to limit outdoor activity and unnecessary physical exertion.
3. Smoke from wildfires contains chemicals, gases, and fine particles that can harm health. The greatest hazard comes from breathing fine particles, which can reduce lung function, worsen asthma and other existing heart and lung conditions, and cause coughing, wheezing, and difficulty breathing.
4. Wearing a protective mask may offer some protection. N-95 masks can reduce contact with some of the harmful particulate matter, but they also increase the work of breathing and they don’t keep the smoke out. They are not terribly effective as a general protective measure--it is much better to avoid the smoky air, if possible. There are not effective masks for children. If you would like N95 masks, they can be obtained for free at the libraries, and at public Public Health. Dust masks (different from N95) are not protective and really should not be used.
5. If you have air conditioning, turn it to interior recirculation or off and use fans. This prevents the intake of the outside smoky air. Avoid vacuuming which stirs up the dust, burning candles or incense which increases smoke in the house, and smoking cigarettes.
6. If you, or someone with you, begins to experience significant symptoms such as dizziness, shortness of breath, or chest discomfort, get them out of the smoke and have them rest. If symptoms continue, seek medical attention.
7. Getting enough rest and drinking plenty of fluids may be helpful.