



## SMOKE HEALTH ADVISORY

Ventura County Public Health Department cautions that unhealthy air quality related to the multiple fires affecting our county may become a concern. Air quality will be variable while there are active fires in the area and shifting winds. Children, the elderly, and those with respiratory conditions such as asthma, chronic obstructive pulmonary disease (COPD), emphysema, and heart disease are most impacted.

To decrease your exposure to wildfire smoke and to limit harmful effects from smoke, follow these healthy habits:

- **Limit your time outside and stay indoors as much as possible.**
- If possible, seek shelter in buildings with filtered air OR move to areas outside the region less impacted by wildfire smoke until smoke levels subside.
- Keep your windows and doors closed unless it's extremely hot outside.
- Run your home or car air conditioner on recycle or recirculate. Keep the fresh air intake closed and the filter clean to prevent bringing additional smoke inside.
- If you or your children have asthma or other lung disease, make sure you follow your doctor's directions about taking your medications and following your asthma management plan. Call your doctor for advice if symptoms worsen or consider leaving the area.
- Do not rely on dust masks for protection. Paper or "dust" masks commonly found at hardware stores are designed to trap large particles, such as sawdust. These masks will *not* protect your lungs from the small particles found in wildfire smoke. To avoid adding additional air pollution, please curtail air polluting activities such as wood burning, lawn mowing, leaf blowing, driving, and barbecuing.
- If you smell smoke or see ash falling, it's best to be inside. People with heart or lung disease are at particular risk from smoke exposure.

For updates related to the Mountain Fire, please visit [www.vcemergency.com](http://www.vcemergency.com).