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**MENDOCINO COUNTY  
AIR QUALITY MANAGEMENT DISTRICT**

**ADVISORIES FOR MENDOCINO COUNTY AIR QUALITY  
AND PUBLIC HEALTH**

**Friday through Monday , November 16-19, 2018**

November 16, 2018 3:36 p.m. Smoke and haze primarily from the Camp Fire in Butte County continue degrading the air quality and reducing visibility in inland areas of Mendocino County. Currently air monitors show particulate matter concentrations in the “Unhealthy for Sensitive Groups” to “Unhealthy” range in Ukiah and Willits. Other areas of inland Mendocino County are expected to have periods of “Unhealthy for Sensitive Groups” to “Unhealthy” conditions depending on wind. The Mendocino Coast is currently experiencing “Good” to “Moderate” concentrations. These conditions are expected to impact the County intermittently until the fires are out.

Current conditions will persist for most of today. However, based on the meteorological forecast, smoke impacts from the Camp Fire will increase over the weekend, due to southeast winds and consistent high pressure. Some relief is expected in the Bay Area. 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) and AirNow.gov. 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> the District’s preferred online source of certified, accurate regulatory air quality data. Other networks that provide air quality data are still under evaluation and may provide unverified data.

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  
Anne Molgaard, Chief Operations Officer



Barbara Howe, Public Health Director  
Gary Pace, M.D., Public Health Officer

### **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.
  - a) 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, so they are not terribly effective as a general protective measure. It is much better to avoid the smoky air, if possible.
  - a) There are not effective masks for children.
  - b) If you would like N95 masks, they can be obtained for free at the libraries, and at Public Health.
  - c) 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 turn off and use fans. This prevents the intake of the outside, smoky air. Avoid vacuuming (which stirs up the dust) or increasing smoke in the house (for example burning candles or incense, or 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.