



# COUNTY OF YOLO

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## Unhealthy Air Quality Guidance

**(Woodland, CA)** – As the air quality for Yolo County is forecast to remain unhealthy today and tomorrow due to the Camp Fire, the Yolo County Health Officer advises that everyone should stay indoors as much as possible, and high risk populations and people who must do extended work outside (i.e. landscapers, contractors, etc.) should wear a mask.

“People with respiratory diseases, such as asthma and emphysema, pregnant women, children and the elderly, especially should do everything they can to stay indoors,” said Yolo County Health Officer Ron Chapman, MD, MPH. “Masks are only needed for high risk populations who must go outside or those who do extended work outside.”

The recommended mask for high risk populations is an N95 which may be purchased from local hardware stores, pharmacies and larger retail store such as Walmart or Target.

Residents are also advised to monitor the air quality via the Yolo-Solano Air Quality Management District website: ([www.ysaqmd.org](http://www.ysaqmd.org)) or the Sacramento Region Spare the Air website: [www.sparetheair.com/wildfire.cfm](http://www.sparetheair.com/wildfire.cfm).

Additional guidance related to unhealthy air quality is as follows:

- Eliminate outdoor physical activity.
- If you stay indoors, make sure your home air filter is clean. It is recommended to use a filter rated MERV-8 to help remove smoke from indoor air. MERV-12 or MERV-13 filters are even more effective.
- Reduce exposure to smoke. Children, the elderly, women who are pregnant, and people with respiratory or heart conditions should be particularly careful to avoid exposure.
- Follow your doctor's directions regarding medicines and asthma management plans. Call your doctor if symptoms worsen and for advice on whether to leave the area.
- Lower other sources of indoor air pollution. Smoking cigarettes and using wood-burning stoves and fireplaces can increase particle levels in a home and should be avoided when wildfire smoke is present.
- Sign up to receive local air quality alerts and forecasts via email or text at: <http://ysaqmd.enviroflash.org/>.
- If traveling in a car is necessary, reduce the amount of wildfire smoke inside the car by keeping windows, doors and vents shut, and use the car's 'recirculate air' option.

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