

## Who Is At Greatest Risk From Smoke?

- People with heart disease, like angina, congestive heart failure.
- People with lung disease, like asthma, emphysema, COPD.
- Children, are more susceptible since their respiratory systems are still developing.

## How To Tell If Smoke Is Affecting You:

- Smoke can irritate the eyes and airways, causing coughing, scratchy throat, irritated sinuses, headaches, stinging eyes or running nose, and illnesses such as bronchitis.
- Fine smoke particles also can aggravate chronic heart and lung diseases, making symptoms worse.

For up to date, local emergency information call:

**209-966-1133 or 888-966-1133**

or visit:

**[www.mariposacounty.org/emergencyinfo](http://www.mariposacounty.org/emergencyinfo)**

If you have chronic health conditions, participate in the **Support and Aid For Everyone (SAFE)** Program.

Sign up online at:

**[www.mariposacounty.org/SAFE](http://www.mariposacounty.org/SAFE)**

or call the:

**Mariposa County Health Department**

**5085 Bullion Street**

**Mariposa, CA 95338**

**209-966-3689 or 800-459-4466**



Smoky view from the Jeffery's Hotel in Coulterville. Photo Credit: Roy Navarro

# Wildfire



Rim Fire smoke stalks Groveland, 2013  
Photo Credit: Cory Stone



Carsten's Fire smoke shrouds Mariposa skies in 2013. Photo Credit: Dave Conway

# Smoke

Check local air quality reports at: [www.mariposacounty.org/AQI](http://www.mariposacounty.org/AQI)

AIR QUALITY INDEX LEVELS OF HEALTH CONCERN	RECOMMENDED ACTIONS
Good	None Needed
Moderate	Reduce unnecessary outdoor activity. Avoid strenuous exercise outdoors.
Unhealthy for Sensitive Groups	Sensitive groups should remain indoors as much as possible until air pollution improves (often better in the afternoon).
Unhealthy	<b>EVERYONE</b> should remain indoors as much as possible until air pollution improves (often better in the afternoon).
Very Unhealthy	Consider leaving the area. If not possible, remain indoors. Only go outdoors when air quality conditions improve.
Hazardous	Consider leaving the area. If not possible, remain indoors. Only go outdoors when air quality conditions improve.

### Take Steps To Decrease Risk From Wildfire Smoke

- **Use common sense. If it looks smoky outside it's not a good time to exercise, and it's not a good time for children to play outdoors.**
- If you or your family member have a heart or lung disease, are an older adult, or if you have children, talk with your doctor about whether and when you should leave the smoky area.
- If you decide to remain:
  - Consider staying indoors to avoid breathing the smoke particles.
  - Run your air conditioner.
  - Keep the fresh air intake closed, and the filters clean to prevent bringing additional smoke inside. Note: If you don't have an air conditioner, **staying inside with the windows closed is dangerous in hot weather.** In these cases, seek alternative shelters.
  - A swamp cooler *will not* filter the air and will pull in the smoky air from outside.
  - "Masks" (especially surgical masks or wet bandanas) will not protect your lungs. If the smoke is that irritating to you, the best option is to remain indoors or temporarily relocate.