



DEPARTMENT OF
HEALTH AND HUMAN SERVICES

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.



PUBLIC HEALTH ADVISORY

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Grant Nash Colfax, MD
DIRECTOR

Matthew Willis, MD, MPH
PUBLIC HEALTH OFFICER

Lisa M. Santora, MD, MPH
DEPUTY PUBLIC HEALTH OFFICER

3240 Kerner Boulevard
San Rafael, CA 94901
415 473 4163 T
415 473 2326 F
415 473 3232 TTY
www.marincounty.org/hhs

**Northern California Fires Affecting Marin Air Quality:
Health Tips for Marin Residents**

Smoke from fires in Mendocino County and further north is affecting our air quality and has created a potential health hazard in Marin County.

For the General Public:

Please be aware that with active wildfires and shifting winds air quality can change in a short period of time. Smoke from wildfires can affect health. The most common symptoms are eye and throat irritation, coughing, and difficulty breathing. Follow these precautions to protect your health. Those with health problems, especially heart or respiratory conditions, should take extra caution:

- Minimize outdoor activities
- Stay indoors with windows and doors closed as much as possible
- Do not run fans that bring smoky outdoor air inside
- Run your air-conditioner only if it does not bring smoke in from the outdoors
- Consider leaving the area until smoke conditions improve if you experience symptoms related to smoke exposure

For Outdoor Workers:

- Limit exertion
- Take frequent breaks
- If prolonged outdoor activity is unavoidable, proper masks (for example N95 masks) properly fitted may protect against harmful exposure
- Consult with your employer if you have specific concerns

For Schools:

- When air quality is Unhealthy, activities such as athletic events or practices should be cancelled or rescheduled. Unhealthy is defined as an [Air Quality Index \(AQI\)](#) above 150. See below for local AQI information.
- Outdoor activities should be limited
- Windows and doors should be kept shut as much as possible
- Students with asthma should follow their asthma action plans and keep their quick-relief medicine close at hand

When to Seek Medical Attention:

Contact your health care provider if you experience the following symptoms that do not improve after moving indoors or into a safe air quality environment:

- Shortness of breath or difficulty breathing
- Wheezing
- Chest tightness or pain
- Palpitations
- Nausea or unusual fatigue
- Lightheadedness and/or feeling faint

As always, if you or someone you know is experiencing an emergency, call 9-1-1.

Follow @MarinHHS for updates

For up to date information about air quality in the Bay Area go to:

<http://www.baaqmd.gov/> and <https://airnow.gov/>

For up to date information about fires in California go to:

<http://www.calfire.ca.gov/>

Sincerely,

Matthew Willis, MD, MPH
Public Health Officer

Lisa M. Santora, MD, MPH
Deputy Public Health Officer
LSantora@marincounty.org