



COUNTY OF MARIN

DEPARTMENT OF  
**HEALTH AND HUMAN SERVICES**

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



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](http://www.marincounty.org/hhs)

## PUBLIC HEALTH ADVISORY

November 9, 2018

### **Smoke Camp Fire Affecting Marin Air Quality: Health Tips for Marin Residents**

Smoke from the Camp Fire in Butte County moved into the Bay Area yesterday. This is affecting our air quality and has created a potential health hazard in Marin County. Based on current air quality levels, Marin County Public Health is not recommending school closures or cancelling normal business activities.

#### **For the General Public:**

Please be aware that poor wildfire containment and shifting winds can drastically change air quality 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. Persons with health problems, especially heart or respiratory conditions, should take extra caution. Follow these precautions to protect your health:

- 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) can protect against harmful exposure
- Bandanas and typical surgical masks DO NOT protect against wildfire smoke particles
- Consult with your employer if you have specific concerns

#### **For Schools:**

- Outdoor activities should be limited
- Windows and doors should be kept shut as much as possible

- When air quality is unhealthy, activities such as athletic events or practices should be cancelled or rescheduled. Unhealthy is when the [Air Quality Index \(AQI\)](#) ranges from 151 to 200.
- Watch for symptoms and take action as needed
- 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