



DEPARTMENT OF
HEALTH AND HUMAN SERVICES

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



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DIRECTOR

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

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PUBLIC HEALTH OFFICER

Smoke from the Kincaid Fire in Sonoma County moved into the Bay Area today. This is affecting our air quality and has created a potential health hazard in Marin County.

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DEPUTY PUBLIC HEALTH OFFICER

For the General Public:

Please be aware that wildfire containment and shifting winds can drastically change air quality in a short period of time. The most common symptoms are eye and throat irritation, coughing, and difficulty breathing. Persons with health problems, especially respiratory or heart 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

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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: Most Marin County Schools are closed due to the power shutoffs

- Outdoor activities should be limited
- Windows and doors should be kept shut as much as possible
- Watch for symptoms and take action as needed
- Children with asthma should follow their asthma action plans and keep their quick-relief medicine close at hand
- Schools will provide parents updates regarding school closures

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/>

For up to date emergency information got to
<https://www.marinsheriff.org/services/emergency-services/current-emergency-info>

Sincerely,

Matthew Willis, MD, MPH Public Health Officer