

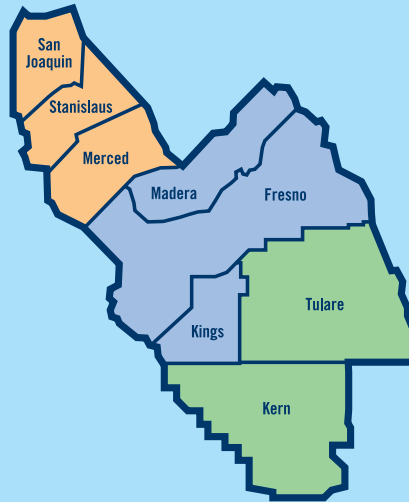
The San Joaquin Valley Air Pollution Control District

The Valley Air District is a regional, public, air-quality agency charged with improving the air quality in the San Joaquin Valley.

Through regulatory action, incentive programs and outreach efforts, the Valley Air District works collaboratively with local businesses, organizations, and stakeholders to clean up the Valley's air and protect the health of all Valley residents.

Since 1992 the Valley Air District has adopted approximately 500 rules or rule amendments, cutting emissions from stationary sources in half. Further air-quality improvements will depend on the public taking an active role to reduce their personal contribution to air pollution. Contact your regional Valley Air District office to get involved.

For more information
about air quality NEAP episodes,
please call one of the offices listed below
or visit our web site, www.valleyair.org



Northern Region

Serving San Joaquin, Stanislaus and Merced counties
4800 Enterprise Way, Modesto, CA 95356-9322
Tel: (209) 557-6400 FAX: (209) 557-6475

Central Region (Main Office)

Serving Madera, Fresno and Kings counties
1990 E. Gettysburg Avenue, Fresno, CA 93726-0244
Tel: (559) 230-6000 FAX: (559) 230-6061

Southern Region

Serving Tulare and the Valley portion of Kern counties
34946 Flyover Court, Bakersfield, CA 93308
Tel: 661-392-5500 FAX: 661-392-5585



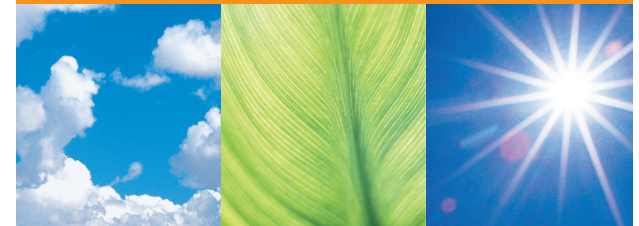
San Joaquin Valley
AIR POLLUTION CONTROL DISTRICT

Please visit our web site at www.valleyair.org

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NEAP EPISODES

Protect yourself when air
quality is poor due to high
wind events.



San Joaquin Valley
AIR POLLUTION CONTROL DISTRICT

1-800 SMOG INFO
www.valleyair.org

A High Wind Event may not be visible to the naked eye.

What is a NEAP Episode?

A NEAP (Natural Events Action Plan) Episode is called by the Valley Air District when levels of particulate matter measuring no more than 10 microns in diameter (PM10) reach unhealthy levels due to a naturally occurring meteorological event.

PM10 is a pollutant that can lodge deep in the lungs and affect respiratory and cardiovascular health. Children, the elderly and those individuals with preexisting conditions, such as asthma, are most at risk.

Since a High Wind Event may not be visible to the naked eye, these episodes are called when the PM10 levels reach a value of 100 or higher on the Air Quality Index and the cause is natural events.

Index Values	Air Quality Description (Color Description)	Health Cautionary Statement
0-50	Good (Green)	No limitations
51 - 100	Moderate (Light Yellow)	Extremely sensitive children and adults, especially with respiratory diseases such as asthma, should consider limiting outdoor exertion.
101 - 150	Unhealthy for Sensitive Groups (Orange)	Sensitive children, adults and especially those with respiratory diseases such as asthma, should limit prolonged outdoor exertion.
151 - 200	Unhealthy (Red)	Sensitive children and adults should avoid outdoor exertion and everyone else should limit prolonged outdoor exertion during peak ozone periods.
201 - 300	Very Unhealthy (Purple)	Sensitive children and adults should avoid outdoor activities and remain indoors. Everyone else should avoid outdoor exertion.
Over 300	Hazardous (Deep Purple)	Everyone, especially children, should avoid outdoor activities and remain indoors.

What should I do during a NEAP Episode?

1. Keep windows and doors closed.
2. If needed for comfort, use air conditioners or heating systems on recycle/recirculation mode.
3. If symptoms of lung distress occur (including shortness of breath, chest tightness, chest pain, palpitations or unusual fatigue), immediately contact your health care provider.
4. Individuals with heart or lung disease should follow their health management plan from their health care provider. Asthmatic individuals should follow a prescribed asthma management plan.
5. Limit strenuous physical activity outside during the event.
6. Wear a covering over your nose and mouth while you are outside to provide some protection from large particles. Wearing a properly fitted dust mask or a respirator with a particulate filter can also protect the airways in more extreme episodes.
7. Listen to and follow the instructions of emergency response agencies in your area, and watch or listen to the local news for updates.

What can I do to improve air quality in my community?

Improving air quality is everyone's responsibility.

Little choices make BIG changes!

1. Get educated: Learn about air quality in your area and the things you can do to reduce air pollution.
2. Get Involved: Encourage policy makers and local stakeholders to make decisions that promote clean air.
3. During the Winter "Check Before you Burn": Call 1 800 SMOG INFO (1-800-766-4463) to find out whether or not you can use your wood burning fireplace, stove or heater.
4. Drive Less: Look for ways to reduce even one trip a week.
5. Make smart decisions about your automobile: Keep it tuned up and purchase a low-emissions vehicle whenever possible.
6. Have a Clean-Air Lawn: Use electric lawn equipment when maintaining your lawn.
7. Don't Top Off at the gas pump: Stop pumping gas at the first click to avoid wasting gas and money while protecting the air.

