Gusty winds prompt health caution

Blowing dust in Madera, Fresno, Kings, Tulare and the Valley part of Kern County

Gusty winds over the San Joaquin Valley have prompted local air-pollution officials to issue a health cautionary statement through this evening.

Winds in Madera, Fresno, Kings, Tulare and the Valley air basin portion of Kern counties may produce areas of localized blowing dust. Blowing dust can result in unhealthy concentrations of particulate matter 10 microns and smaller, or PM10.

Exposure to particle pollution can cause serious health problems, aggravate lung disease, trigger asthma attacks and acute bronchitis, and increase risk of respiratory infections. For people with heart disease, short-term exposure to particle pollution has been linked to heart attacks and arrhythmia, according to the U.S. Environmental Protection Agency.

Residents in these areas are advised to use caution through this evening. People with heart or lung diseases should follow their doctors' advice for dealing with episodes of unhealthy air quality. Additionally, older adults and children should avoid prolonged exposure, strenuous activities or heavy exertion. Everyone else should reduce prolonged exposure, strenuous activities or heavy exertion.

For more information about the Valley Air District, call a regional office: in Fresno, 559-230-6000; in Bakersfield, 661-392-5500; and in Modesto, 209-557-6400.