Gusty winds prompt health caution
_Blowing dust in Kings County, Valley part of Kern County_

Local air officials are issuing a health cautionary statement for blowing dust as a result of gusty winds in the central and southern San Joaquin Valley.

The health caution is in effect for _Kings County_ and the _Valley portion of Kern County_ from Monday afternoon, Feb. 6 through Tuesday afternoon, Feb. 7. The winds are part of a low pressure system entering the Valley.

Wind-blown dust creates high concentrations of particulate matter (PM), which causes health problems, including aggravating lung disease, triggering asthma attacks and acute bronchitis, and increasing the risk of respiratory infection.

“If you are in an area where dust is blowing, take precautions to protect yourself,” said Samir Sheikh, who oversees the District’s air quality analysis section.

Residents in areas of blowing dust are advised to use caution through Tuesday afternoon. People with heart or lung disease should follow their doctor’s 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 activity 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.