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Attn: Local news, weather, health and assignment editors

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Ongoing smoke from Camp Fire and Alder/Mountaineer wildfires prompts extension of Health Caution/Air Quality Alert

The public may experience poor air quality and should take action to protect their health

Continued smoke impacts from the Camp Fire burning in Butte County and Alder/Mountaineer fires in Tulare County have prompted local air officials to extend the current Health Caution and Air Quality Alert throughout the San Joaquin Valley. With poor dispersion conditions expected to continue over the next several days, substantial smoke impacts will continue Valley wide through the weekend and into early next week. The most severe smoke impacts are expected to occur in the northern counties of San Joaquin, Stanislaus, and Merced, creating unhealthy air quality in the region. The Health Caution/Air Quality Alert will remain in place and smoke impacts are likely, until the fires are extinguished.

Smoke from wildfires produces particulate matter which can trigger asthma attacks, aggravate chronic heart and lung diseases, and increase the risk of heart attack and stroke. Where conditions warrant, people with heart or lung disease should follow their doctors' advice for dealing with episodes of particulate exposure. People with existing respiratory conditions, young children and elderly people are especially susceptible to the health effects from these pollutants. Schools should revise outdoor activity plans in accordance with their local air quality conditions and can refer to the District's [ROAR activity guidelines](#). Pets also can be affected by unhealthy air and should be brought indoors, if possible.

The most effective way to reduce exposure and avoid the ill effects of smoke is to stay indoors with windows and doors closed. If you have a central ducted air conditioning and heating system, run the system while keeping the fresh-air intake closed to prevent outdoor smoke from getting inside, and if possible install a high efficiency filter with a MERV rating as high as the manufacturer of the system recommends.

Residents can use the District's Real-time Air Advisory Network (RAAN) to track air quality at any Valley address by visiting myRAAN.com. The RAAN monitors are designed to detect the microscopic PM2.5 particles that exist in smoke. Ash pieces, however, are much larger in size and will not be detected. If an area is impacted by smoke and ash fall, air quality should be considered "unhealthy" (RAAN Level 4 or higher) even if the monitor reflects a lower reading.

The public can check the District's wildfire page at www.valleyair.org/wildfires for information about any current wildfires, whether they are impacting the Valley and steps you can take to protect yourself. In addition, anyone can follow air quality conditions by downloading the free "Valley Air" app. For more information, call a District office in Fresno (559-230-6000), Modesto (209-557-6400) or Bakersfield (661-392-5500).