Smoke from fire in Three Rivers affecting valley air quality

Air District urges caution for residents in four counties

Due to heavy smoke drifting into the San Joaquin Valley from a forest fire near Three Rivers, the Valley Air District advises residents in Fresno, Madera, Tulare counties as well as the valley portion of Kern county to be cautious when spending time outdoors if they are in a smoky area. Anyone who can smell or see smoke is most likely in an area where air quality is poor.

Schools in smoky areas should postpone student and faculty outdoor activities until the smoke clears from their areas. People with respiratory or heart conditions, the elderly and children should avoid outdoor exertion when smoke is present. Schools and people in areas not impacted by smoke can continue with their normal routines but should be cautious of changing conditions. In fact, the Air District advises schools, youth activity centers and parents to continue monitoring for smoke when allowing children to play outdoors until the fire is extinguished. Shifting winds may change smoke direction quickly and an area that is clear now may be smoky later.

Air District officials also offer these suggestions for residents in the area affected by smoke:

- If possible, try to remain indoors until the smoke clears.
- Recirculate indoor air.
- If you or a family member experiences difficulty breathing or prolonged headaches or dizziness, seek medical attention.

Smoke carries small particles of soot, ash and toxins that are unhealthy. Breathing these particles can reduce lung function, especially in children; aggravate heart and lung conditions such as asthma, emphysema and bronchitis; increase the risk of heart attacks; irritate throats and sinuses; and, trigger headaches and allergies.