



**Alameda County Health Care Services Agency
Public Health Department**

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HEALTH ALERT

Unhealthy Air Quality Due to Wildfires

October 11, 2017

Information is evolving rapidly; please check website resources listed for most current information.

Very unhealthy air quality from the North Bay wildfires continues to cause unprecedented levels of air pollution throughout the Bay Area. Due to changing wind patterns, air quality could be impacted for many days. Local air quality will be variable and unpredictable; it may improve at times, or get worse very quickly.

Today's air quality for the majority of Alameda County is within the 100-150 range, which is *Unhealthy for Sensitive Groups*. Air quality tomorrow, Friday, Saturday and Sunday are expected to worsen and be designated *Unhealthy*. Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion. Residents should protect themselves from the impacts of heavy smoke. If you see or smell smoke in the immediate area, avoid outdoor activity, including exercise.

Prevention

Residents impacted by wildfire smoke are advised to:

- Stay aware of health warnings related to smoke.
- Close windows and doors.
- Set air conditioning units and car vent systems on re-circulate to avoid drawing in outside air.
- Limit outdoor activities to avoid unnecessary exposure to smoke.
- Parents and school/day care administrators should check air quality readings before allowing children to engage in outdoor sports and recreational activities while air quality is unhealthy.

Website Resources:

- Bay Area Air Quality District: [Air Monitoring Data](#)
- CDC for smoke-related sickness: <https://www.cdc.gov/disasters/wildfires/smoke.html>
- Bay Area Air Quality Management District for air advisories, Spare the Air Alerts: <http://www.baaqmd.gov/>
- Cal Fire for statewide fire summary, red flag warnings: <http://www.fire.ca.gov/>
- National Weather Service 5-day forecast: <http://www.weather.gov/forecastmaps>

[ACPHD Health Alerts](#)