



## Humboldt Bay Fire News Release

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FOR IMMEDIATE RELEASE

**Subject :** Smoky Conditions & Respiratory Advisory

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Smoky conditions originating from the Red Salmon Complex near Willow Creek, combined with that of other fires burning in the south is beginning to affect local air quality, and critical fire weather and extreme heat are likely to increase fire activity throughout the region.

Soon, winds are expected to strengthen from the southwest to northeast, pushing more smoke and ash from these wildfire-affected areas toward Eureka, the greater Eureka area, and beyond.

Smoke from wildfires and structure fires contain harmful chemicals that can affect your health and cause eye and throat irritation, coughing, and difficulty breathing. People who are at greatest risk of experiencing symptoms due to smoke include those with respiratory disease (such as asthma), those with heart disease, young children, and older adults.

These sensitive populations should stay indoors and avoid prolonged activity. All others, including healthy adults, should limit prolonged or heavy activity and time spent outdoors. Seek medical help if you develop symptoms that worsen or become severe including repeated coughing, shortness of breath, difficulty breathing, wheezing, chest tightness or pain, palpitations, nausea, unusual fatigue, lightheadedness.

Follow these general precautions to protect your health during a smoke event:

- Minimize or stop outdoor activities, especially exercise.
- Stay indoors with windows and doors closed as much as possible.
- Do not run fans that bring smoky outdoor air inside – examples include swamp coolers, whole-house fans, and fresh air ventilation systems.
- Run your air-conditioner only if it does not bring smoke in from the outdoors. Change the standard air conditioner filter to a medium or high efficiency filter. If available, use the “re-circulate” or “recycle” setting on the unit.
- Do not smoke, fry food, or do other things that will create indoor air pollution.

CDC guidance on reducing wildfire smoke exposure given COVID-19 considerations is available: [https://www.cdc.gov/disasters/covid-19/reduce\\_exposure\\_to\\_wildfire\\_smoke\\_covid-19.html](https://www.cdc.gov/disasters/covid-19/reduce_exposure_to_wildfire_smoke_covid-19.html)

For 24-hour Air Quality Advisory Information, call 1-866-BURN-DAY (1-866-287-6329).

Information on the fires can be found at <http://inciweb.nwcg.gov/> or <https://fire.airnow.gov/>.

Current weather information can be found at [www.wrh.noaa.gov](http://www.wrh.noaa.gov).

Ash fallout information can be found in the Wildfire Smoke Resources section of the North Coast Air Quality webpage: [www.ncuaqmd.org](http://www.ncuaqmd.org).

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