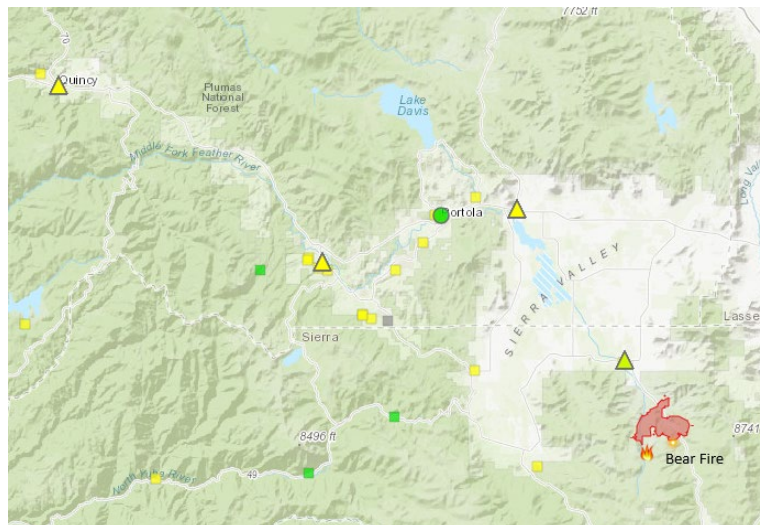


Air Quality Health Advisory September 6 – September 8, 2024

The Northern Sierra Air Quality Management District and the Public Health Departments of Sierra and Plumas Counties are issuing a joint Air Quality Health Advisory due to smoke impacts from the **Bear Fire** South of Loyalton in Sierra County. The Fire is estimated at 3325 acres with 15% containment. The fire started at 2pm on September 2nd.

The fire is most active on the south side of the fire perimeter. Smoke will continue to impact areas closest to the fire, but air quality conditions have improved overall. Expect Good to Moderate conditions in Quincy, Portola and Loyalton. Smoke from surrounding fires is also contributing to some of the air quality impacts. Depending on fire activity and suppression efforts, air quality conditions could change rapidly.

This will be the final Health Advisory for the Bear Fire unless conditions change on Monday.



Reference this site for the current air quality in your area. <https://fire.airnow.gov/#>
Please note that the AQI is updated hourly and air quality conditions change rapidly
Smoke may be intermittent and affect different areas dependent upon wind direction and time of day.

Additional Information:

Wildfire smoke is a complex mixture of air pollutants that are harmful to human health. The major air pollutant of concern is fine particulate matter also known as PM2.5. Exposure to air pollutants in wildfire smoke can irritate the eyes and airways, causing cough, a dry scratchy throat, runny nose, trouble breathing, and irritated sinuses.

While all persons may experience varying degrees of symptoms, people at increased risk from smoke inhalation include:

- Young children
- Older adults
- Pregnant women
- People with chronic respiratory and heart conditions
- People who work outside
- People experiencing homelessness

Persons experiencing questionable or severe symptoms should seek professional medical advice and treatment.

People can reduce smoke inhalation by taking the following actions:

- Limit outdoor exertion, especially children, the elderly, and those with pre-existing respiratory conditions; If your child shows signs of compromised breathing or has respiratory conditions, follow your doctor's directions regarding medicines and asthma management plans. Call your doctor if symptoms worsen.
- Keep doors and windows closed as much as possible in buildings and vehicles.
- When AQI levels reach Unhealthy levels (150 or higher), consider if the work needed to be completed outside is essential. If N-95 respirators are used, be sure that they are correctly fitted. **Remember that a dust mask, cloth face covering, or medical mask will not filter out smoke! Staying indoors is the best option to reduce exposure to wildfire smoke.**
- Try to limit sources of air pollution in your home (smoking, use of incense or candles, and frying food are some examples of indoor air pollution sources).
- If you have air conditioning, make sure your setting is on "recirculate" both in your car and in your home to use inside air rather than drawing in air from the outside.
- Use high efficiency air filters (rated MERV-13 or higher) for your HVAC system if possible. Portable HEPA filters can also be used (avoid Ozone-producing air purifiers).
- Find a local clean air shelter to go to during periods of intense wildfire smoke.

Additional Resources:

- Air Quality Information – <https://www.airnow.gov>
- Fire and Smoke Map – <https://fire.airnow.gov>
- District Website - <https://www.myairdistrict.com/>
- Clean Air Centers - <https://ww2.arb.ca.gov/cleanaircenters>
- Smoke Ready California - <https://ww2.arb.ca.gov/smokereadyca>
- Northern Sierra AQMD: myairdistrict.com

Air Quality Index:

0-50	Good	Enjoy your usual outdoor activities.
51-100	Moderate	Extremely sensitive children and adults should refrain from strenuous outdoor activities.
101-150	Unhealthy for Sensitive Groups	Sensitive children and adults should limit prolonged outdoor activity.
151-200	Unhealthy	Sensitive groups should avoid outdoor exposure and others should limit prolonged outdoor activity.
201-300	Very Unhealthy	Sensitive groups should stay indoors and others should avoid outdoor activity.
301-500	Hazardous	Everyone should avoid all outdoor exertion.