



Public Health  
Division

# County of Santa Cruz

## HEALTH SERVICES AGENCY

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### Press Release

<b>For Release: Immediately</b>	<b>Contact: Jessica Randolph, PIO</b>
<b>Date: September 28, 2016</b>	<b>Phone: (831) 454-4472</b>

### LOMA FIRE AIR QUALITY ADVISORY

**SANTA CRUZ COUNTY, CA** – Due to the Loma Fire, Santa Cruz County Public Health Division continues to track air quality in Santa Cruz County in conjunction with the Monterey Bay Air Resources District (<http://mbard.org/air-quality/>). Air quality may change frequently due to fire behavior and weather patterns.

Health Officials recommend that residents actively assess their risk for exposure to unhealthy air quality from wildfire smoke and take appropriate actions. Symptoms that may develop from wildfire smoke include irritation of the lungs and eyes, coughing, scratchy throat and irritated sinuses. If you develop repeated coughing, chest tightness or pain, wheezing, difficulty breathing or nausea, call your medical provider immediately.

If you are being impacted by wildfire smoke, consider these guidelines:

- Stay inside with the windows and doors closed to stop pollutants from wildfire smoke from coming inside.
- Reduce your physical activity. Increased breathing rates bring more pollutants deep into the lungs.
- Reduce other sources of indoor air pollution including cigarette smoke, aerosol products, air fresheners, candles, incense and vacuuming. Avoid burning wood, coal, or other fuel sources indoors.
- Older adults, children, pregnant women, and smokers are especially vulnerable to the effects of wildfire smoke and are encouraged to limit their time outside and stay indoors as much as possible when air quality is diminished.
- Please remember, the effects of smoke and strategies to reduce exposure are similar for humans and animals.

If you have questions or medical related concerns please contact your primary medical provider.



**Public Health**  
Prevent. Promote. Protect.

**Santa Cruz County**