Who Is At Greatest Risk From Smoke?

- People with heart disease, like angina, congestive heart failure.
- People with lung disease, like asthma, emphysema, COPD.
- Children, are more susceptible since their respiratory systems are still developing.

How To Tell If Smoke Is Affecting You:

- Smoke can irritate the eyes and airways, causing coughing, scratchy throat, irritated sinuses, headaches, stinging eyes or running nose, and illnesses such as bronchitis.
- Fine smoke particles also can aggravate chronic heart and lung diseases, making symptoms worse.

For up to date, local emergency information call:

209-966-1133 or 888-966-1133

or visit:

www.mariposacounty.org/emergencyinfo

If you have chronic health conditions, participate in the Support and Aid For Everyone (SAFE) Program.

Sign up online at:

www.mariposacounty.org/SAFE

or call the:

Mariposa County Health Department
5085 Bullion Street
Mariposa, CA 95338
209-966-3689 or 800-459-4466

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<table>
<thead>
<tr>
<th>AIR QUALITY INDEX</th>
<th>LEVELS OF HEALTH CONCERN</th>
<th>RECOMMENDED ACTIONS</th>
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</thead>
<tbody>
<tr>
<td>Good</td>
<td>None Needed</td>
<td></td>
</tr>
<tr>
<td>Moderate</td>
<td>Reduce unnecessary outdoor activity. Avoid strenuous exercise outdoors.</td>
<td></td>
</tr>
<tr>
<td>Unhealthy for Sensitive Groups</td>
<td>Sensitive groups should remain indoors as much as possible until air pollution improves (often better in the afternoon).</td>
<td></td>
</tr>
<tr>
<td>Unhealthy</td>
<td>EVERYONE should remain indoors as much as possible until air pollution improves (often better in the afternoon).</td>
<td></td>
</tr>
<tr>
<td>Very Unhealthy</td>
<td>Consider leaving the area. If not possible, remain indoors. Only go outdoors when air quality conditions improve.</td>
<td></td>
</tr>
<tr>
<td>Hazardous</td>
<td>Consider leaving the area. If not possible, remain indoors. Only go outdoors when air quality conditions improve.</td>
<td></td>
</tr>
</tbody>
</table>

**Take Steps To Decrease Risk From Wildfire Smoke**

- **Use common sense. If it looks smoky outside it’s not a good time to exercise, and it’s not a good time for children to play outdoors.**
- If you or your family member have a heart or lung disease, are an older adult, or if you have children, talk with your doctor about whether and when you should leave the smoky area.
- If you decide to remain:
  - Consider staying indoors to avoid breathing the smoke particles.
  - Run your air conditioner.
  - Keep the fresh air intake closed, and the filters clean to prevent bringing additional smoke inside. Note: If you don’t have an air conditioner, **staying inside with the windows closed is dangerous in hot weather**. In these cases, seek alternative shelters.
  - A swamp cooler **will not** filter the air and will pull in the smoky air from outside.
  - “Masks” (especially surgical masks or wet bandanas) will not protect your lungs. If the smoke is that irritating to you, the best option is to remain indoors or temporarily relocate.