

**SAN JOAQUIN VALLEY UNIFIED
AIR POLLUTION CONTROL DISTRICT
MEDIA RELEASE**

FOR IMMEDIATE RELEASE:

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Valley Air District issues health caution

Fresno, CA –The Valley Air District has recorded unhealthy peaks in particulate matter (PM) pollution at two monitoring sites in metropolitan Fresno. The Air District continues to advise Fresno residents, particularly those living west of Highway 41 in Fresno, to be cautious if they are in areas hit with smoke.

As the fire in southwest Fresno is being extinguished, residents may experience unhealthy breathing conditions and are urged to take protective steps. "Pollution levels throughout most of the central region of the Valley are between 100 and 150 on the air quality index, meaning conditions are unhealthy for sensitive groups. However, winds are blowing in a direction so smoke from the fire could be dispersed over the western parts of the City. That is why we are issuing a health caution," said Valley Air District Meteorologist Evan Shipp.

Smoke could also settle in other areas. All Fresno/Clovis area residents should be aware of local conditions. The Air District is asking residents to be cautious and is providing the following advice.

- If you can see smoke or detect a strong smoke smell, you most likely are in an area where air quality is poor.

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- People with respiratory or heart conditions, the elderly and children should avoid prolonged outdoor exertion. Additionally, all others should limit prolonged outdoor exertion.
- If possible, try to remain indoors, especially if you smell or see smoke.
- Recirculate indoor air.
- If you or a family member experiences difficulty breathing or prolonged headaches or dizziness, seek medical attention.
- Do not smoke, and avoid places where others are smoking.

Additionally, schools in Fresno and Clovis have been advised to check local conditions and discontinue sustained rigorous outdoor exercise, practice or games if smoke is seen or can be smelled, or if children are experiencing breathing difficulties.

PM is a mixture of pollutants, including microscopic pieces of soot, ash, salts, nitrates and smoke particles. Breathing the particles can reduce lung function, especially in children; aggravate heart and lung conditions such as asthma, emphysema and bronchitis; increase the risk of heart attacks; irritate throats and sinuses; and trigger headaches and allergies.

Please notify your audience of the prevailing air quality conditions and possible health effects. For the daily air quality forecast, residents may call 1-800-SMOG-INFO (766-4463). The information is updated daily at 4 p.m. for that evening and the following day.