

SAN JOAQUIN VALLEY AIR POLLUTION CONTROL DISTRICT
MEDIA RELEASE

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Three Rivers fire affects South Valley foothill air quality
Valley Air District advises caution for residents

Fresno, CA –The Valley Air District is advising residents in the foothill area of Tulare County east of Visalia to be cautious when spending time outdoors if they are in a smoky area. This health caution is in effect until the Paradise 2 fire, in the vicinity of the Kaweah River's middle fork, is extinguished.

Smoke produces particulate matter (PM), which is harmful to health. Shifting winds may change the direction of the smoke. The Air District advises parents to be vigilant of smoke when allowing children to play outdoors.

Air District officials also offer these suggestions for residents in the area affected by smoke:

- • If you can smell or see smoke, you most likely are in an area where air quality is poor.
- • People with respiratory or heart conditions, the elderly and children should avoid outdoor exertion when smoke is present. 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.

Particulate matter 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.