

- People with health-related illnesses, particularly breathing problems, should remain indoors.
- Children and elderly people should consider avoiding outdoor activities, particularly prolonged outdoor exertion. Parents of children involved in youth sports programs should consider whether their children should be allowed to participate when smoke is in the air. Healthy people should delay strenuous exercise, particularly when they can smell smoke.
- Keep windows and doors closed as much as possible. Use the recycle or recirculate mode on the air conditioner in your home or car.
- Cloth masks are not capable of filtering extra fine particles found in wildfire smoke.
- Do not rely on N-95 respirators to do unnecessary outdoor activities.
- If you must work outside try to take frequent breaks in a clean air environment to let your body recover.
- Keep airways moist by drinking lots of water. Breathing through a warm, wet washcloth can also help relieve dryness, but does not filter out the hazardous smoke particles.
- Avoid the fire areas and watch for emergency equipment.

Wildfire smoke may contain particulate matter, ozone, carbon monoxide, and toxic air contaminants. While all persons may experience varying degrees of symptoms, more sensitive individuals, such as the young, aged and those with respiratory conditions are at greatest risk of experiencing more aggravated symptoms. Symptoms may include, but are not limited to, coughing, watery and itchy eyes, and difficulty breathing. Persons experiencing questionable or severe symptoms should seek professional medical advice and treatment.

The following index may also assist in assessing the air quality based on the visibility in your area. To assess visibility:

- Face away from the sun. Determine visibility range by looking for targets that are at known distances (miles). You can use an electronic device map app or a map of the local area that has a mile scale.
- The visible range is the point where even high-contrast objects disappear.

Distance you can see	Recommended action if you are a healthy adult, teenager, or other child	Recommended action if you are age 65 and over, pregnant, a young child or have asthma, respiratory illness, or lung or heart disease
10 + miles	Watch for changing conditions and moderate outdoor activity based on personal sensitivity	
5 – 10 miles	Moderate outdoor activity	Minimize or avoid outdoor activity
Less than 5 miles	Minimize or avoid outdoor activity	Stay inside or in a location with good air quality

Some examples of local distances: From the junction of Hwy 99 and Hwy 20 to the South Butte in the Sutter Buttes is about 11 miles; from the 10th Street bridge to Township Road is about 5 miles; from the intersection of Hwy 20 and Acacia Avenue to the South Butte is about 5.5 miles; and the distance between the 5th Street and 10th Street bridges is about 0.5 mile.

County officials will continue to monitor air quality in Sutter County and Yuba County and provide updates on this advisory as needed. For current information, or to sign up for air quality alerts and forecasts, go to the Feather River Air Quality Management District website <http://www.fraqmd.org/> or check the Sutter County website or Yuba County website.

Air Quality Index		
AQI Category and Color	Index Value	Description of Air Quality
Good Green	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.
Moderate Yellow	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups Orange	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Unhealthy Red	151 to 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy Purple	201 to 300	Health alert: The risk of health effects is increased for everyone.
Hazardous Maroon	301 and higher	Health warning of emergency conditions: everyone is more likely to be affected.