

Fires, Air Quality and Your Health

Wildland fires and building fires can create very toxic air conditions. If you find yourself in an area that is affected by smoke, practice these recommendations for self-awareness and self-care. California is prone to wildfires. Plan today to be prepared for tomorrow!

BE SAFE: When there is a fire warning, be alert to as to what is going on around you. If you see fire, call 911 from a safe location.

MONITOR the AIR QUALITY: Go to <https://airnow.gov/> and enter the zip code and state for your area. Keep up-to-date on the status of your local air quality.

Air Quality Index (AQI) -

Color	AQI	Health Message
Green (0-50)	Good	Air quality is considered satisfactory, and air pollution poses little or no risk.
Yellow (51-100)	Moderate	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
Orange (101-150)	Unhealthy for sensitive groups	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Red (151-200)	Unhealthy	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
Purple (201-300)	Very unhealthy	Health alert: everyone may experience more serious health effects.
Maroon (301-500)	Hazardous	Health warnings of emergency conditions. The entire population is more likely to be affected.

Source: AirNow.gov

REDUCE EXPOSURE:

If the air is considered unhealthy, very unhealthy, or hazardous, limit your outdoor activities and stay inside with the window and doors closed, or if possible, leave the area. Drink plenty of fluids to keep your airway moist and easier to clear. If you are feeling unhealthy due to poor air quality see your medical provider.

RESPIRATOR: NIOSH-approved N95 filtering respirators are an option for filtering poor quality air. N95s can be purchased online and at hardware stores. Medical providers may also be a source for N95s.

Sign up for **Cruz Alert:** <https://oes.ucsc.edu/cruzalert/>.