



## CONTACT

**Dustin Boothe, Epidemiologist**  
Carson City Health & Human Services  
(Office) 775-887-2190

July 19, 2017

FOR IMMEDIATE RELEASE

## CARSON CITY HEALTH AND HUMAN SERVICES NEWS RELEASE

### The Health Threat from Wildfire Smoke

*Carson City, Nev.* – Carson City Health and Human Services has been receiving several calls about the impact of the smoke from the Detwiler Fire in Mariposa County, California. Smoke from wildfires is a mixture of gases and fine particles from burning trees and other plant materials. It is these fine particles which are contained in wildfire smoke which make it so hazardous to our health. As of this writing, the air quality in Carson City was at the “unhealthy” level.

When smoke levels are high enough, even healthy people may experience symptoms, such as coughing, a shortness of breath, chest pain, headaches and stinging eyes. If you have heart or lung disease, such as congestive heart failure, angina, COPD, emphysema, or asthma, you are at higher risk of having health problems than healthy people. Older adults are more likely to be affected by smoke, possibly because they are more likely to have heart or lung diseases than younger people. Children are more likely to be affected because their airways are still developing and because they breathe more air per pound of body weight than adults.

#### What Should You Be Doing?

1. **Stay indoors with windows and doors closed; run air-conditioner on “recirculate” setting.** Keep the fresh-air intake closed and the filter clean to prevent outdoor smoke from getting inside. Minimize the use of swamp coolers. If it becomes too warm indoors, individuals may consider leaving the area to seek alternative shelter.
2. **Do not add to indoor pollution.** When smoke levels are high, do not use anything that burns, such as candles, fireplaces, or gas stoves. Do not vacuum, because vacuuming stirs up particles already inside your home. Do not smoke, because smoking puts even more pollution into the air.
3. **Follow your doctor's advice** about medicines and about your respiratory management plan if you have asthma or another lung disease, Call your doctor if your symptoms worsen. If you evacuate, make sure you take all essential medications along with you.
4. **Do not rely on dust masks or N95 respirators for protection.** If you wish to wear something, use a wet handkerchief or bandana to cover your mouth and nose. The key – keep it moist.
5. **When driving** make sure to drive with the windows rolled up and the air conditioner on “recirculate.”
6. **Minimize or stop outdoor activities**, especially exercise, during smoky conditions.
7. People who must spend time outdoors should **drink plenty of fluids.**
8. Additionally, **pet owners** should consider bringing their pets indoors out of the unhealthy air conditions, if possible. This is especially important for older pets.
9. **Stay tuned** to local radio and TV for emergency announcements about air quality.
10. **Stay in touch** with family and friends, especially if you live alone. Exercise your communications plan.



CONTACT

**Dustin Boothe, Epidemiologist**  
Carson City Health & Human Services  
(Office) 775-887-2190

**To keep up-to-date** on the status of this fire, and for other resources, go to:

<http://nvair.ndep.nv.gov/>

[https://www.airnow.gov/index.cfm?action=airnow.local\\_city&mapcenter=0&cityid=819](https://www.airnow.gov/index.cfm?action=airnow.local_city&mapcenter=0&cityid=819)

**For more information on the health implications of wildfires**, go to:

<https://www.cdc.gov/disasters/wildfires/index.html>.

#####