



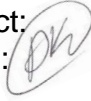
Calaveras Health and Human Services Agency

Mary Sawicki, Director

509 East St. Charles Street
San Andreas, CA 95249

News Release FOR IMMEDIATE RELEASE

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Contact:  Dean Kelaita, M.D., Health Officer
Phone: 754-6460
Fax: 754-1709
[San Andreas, CA –Public Health Services]

Wildfire Smoke Health Precautions

Smoke is visible in some areas of Calaveras County as a result of multiple wildfires. Calaveras County Public Health Services advises the community to avoid exposure to the wildfire smoke as much as possible.

The main health threat from wildfire smoke comes from fine particles. These particles can get into the eyes and respiratory system causing burning eyes, runny nose and illnesses such as bronchitis. Smoke can also worsen existing health conditions and increase breathing problems. There are some people who are more sensitive to the effects of smoke. This includes people with heart and lung diseases including asthma, elderly persons, infants and children, pregnant women, and smokers.

-More-

Human Services
509 East St. Charles Street
San Andreas, CA 95249
Phone (209) 754-6452
Fax (209) 754-3293

Public Health Services
700 Mountain Ranch Road, Suite C2
891 Mountain Ranch Road (Mail)
San Andreas, CA 95249
Phone (209) 754-6460
Fax (209) 754-1709

Behavioral Health Services
891 Mountain Ranch Road
San Andreas, CA 95249
Phone (209) 754-6525
Fax (209) 754-6597



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Public Health Services advises residents to take the following actions to limit exposure to wildfire smoke:

- Stay indoors and limit time outdoors
- Limit physical activity
- Keep windows and doors closed
- Run your air conditioner if you have one – close the fresh air intake and keep filter clean
- If it is extremely hot outside and you do not have air conditioning, seek alternate shelter.
- Keep indoor air as clean as possible – do not vacuum or smoke indoors.
- If you have asthma, take your medicines and follow your asthma management plan.
- Keep car windows closed and set air conditioner to re-circulate air.

Even healthy persons can be affected by wildfire smoke. If you can see smoke, take precautions. People with heart or lung disease who experience repeated coughing, shortness of breath, difficulty breathing, wheezing, chest tightness or pain should contact their doctor or clinic. “If an existing illness gets worse due to smoke exposure, get medical help,” advised Dr. Dean Kelaita, County Health Officer.

For more smoke prevention information, go to www.calaveraspublichealth.com or call Public Health Services at 209-754-6460. Stay aware of the status of the fires by following local news or fire websites for the most up to date fire information.

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