



**Public Health
Division**

County of Santa Cruz

HEALTH SERVICES AGENCY

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Press Release

For Immediate Release:

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SANTA CRUZ COUNTY, CALIFORNIA – Dr. Poki Namkung, Santa Cruz County Health Officer, urges individuals who live near areas affected by the fire to be cautious and avoid unnecessary outdoor activities. Individuals with respiratory ailments, young children and older adults should limit their exposure to smoky air by staying indoors as much as possible, or temporarily seeking areas with cleaner air. Windows and doors should be kept closed to prevent indoor air from becoming contaminated.

Individuals with asthma should consult their physician about an asthma management plan and stick to it during unusually smoky conditions. Contact your doctor if you have symptoms such as chest pain, chest tightness, shortness of breath, or severe fatigue. This is important not only for people with chronic lung or heart disease, but also for individuals who have not been previously diagnosed with such illnesses. Smoke can "unmask" or produce symptoms of such diseases.

If you have a vegetable garden or fruit trees, wash the fruit or vegetables thoroughly before eating them.

Continue to listen for radio and television messages about the fire in your area.

For health concerns and/or questions during working hours please call 831-454-4000.



Public Health
Prevent. Promote. Protect.