



## FOR IMMEDIATE RELEASE

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### Contact:

Susan Klein-Rothschild, Santa Barbara County Public Health Deputy Director, (805) 896-1057  
Lyz Hoffman, Air Pollution Control District Public Information Officer, (805) 364-2247

## Air Quality Warning Remains in Effect Through Weekend Continued Smoke Impacts for Santa Barbara County

**SANTA BARBARA, Calif.** — The air quality index continues to show unhealthy air quality in Santa Barbara County. Smoke and ash from the Thomas Fire may continue to affect local air quality for days. Levels of smoke and particles, and areas of the county affected, will vary and conditions could change quickly. Smoke plumes may be visible and may or may not have an additional effect on ground-level air quality. The Air Quality Warning will remain in effect until conditions improve.

- Check [www.OurAir.org/todays-air-quality/](http://www.OurAir.org/todays-air-quality/) for current conditions. The chart will indicate when air quality is good, moderate, unhealthy for sensitive groups, unhealthy for all, very unhealthy, or hazardous.

We recommend that everyone:

- Stay indoors, with windows closed and indoor circulation only. Air conditioning is also an option if the outside intake is closed. **Particles can build up indoors, so if you are feeling symptoms where you are, be prepared to relocate to an indoor location with better ventilation, or to leave the area.**
- Avoid driving when possible and use “recycle” or re-circulate mode to avoid drawing smoky air into the car.
- Drink plenty of fluids to keep respiratory membranes moist.
- Avoid doing anything to stir up ash.

If you have symptoms that may be related to exposure to smoke and soot, contact your doctor. Symptoms include repeated coughing, shortness of breath or difficulty breathing, wheezing, chest tightness or pain, palpitations, and nausea or unusual fatigue or lightheadedness.

N95 masks, when fitted properly, offer some limited protection from fine particles in smoke; they do not filter out all of the harmful gases. N95 masks do not come in sizes suitable for small children. Dust masks and surgical masks are not effective.

See <https://www.ourair.org/smoke-health/> for more information on how to protect your health.