



# COUNTY OF YOLO

Office of Emergency Services

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## FOR IMMEDIATE RELEASE

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## Extreme Heat, Cooling Centers and Wildfire Smoke

(Woodland, CA) – As temperatures are expected to remain over the 100 degree mark through the remainder of this week, Yolo County officials are reminding all county residents to take measures to protect themselves accordingly, especially vulnerable populations which include: people over 65 years of age, children under 4 years of age, people who work outdoors, those who are overweight and those who are ill or may be on certain medications that can affect their ability to handle fluids.

“Over exposure to heat is serious and can be deadly,” said Yolo County Health Officer Bette Hinton, M.D. “Protect yourself and look out for your vulnerable neighbors, people living alone or those in need of assistance.”

Residents who do not have adequate air conditioning may experience heat-related problems. If your home does not have adequate air conditioning, find a relative to stay with or other location in the community, such as a public building, shopping center, restaurant or movie theater, where air conditioning is available. Residents are urged to protect themselves during hot weather by taking the following precautions:

- Drink extra non-alcoholic fluids, especially water.
- Stay cool indoors in air-conditioned facilities, especially during the hottest part of the day.
- Pace yourself and avoid heavy exertion in the heat.
- Wear lightweight, loose fitting clothing and sunscreen.
- Avoid hot foods and heavy meals.
- If you become lightheaded, feel confused or experience any other symptoms of heat exhaustion, get to a cool area until you feel better.
- Never leave a person or animal in a parked car. Temperatures inside a vehicle can rise to dangerous levels in minutes.
- Don't forget pets that also need extra water and shade.

Through the remainder of this week the following agencies are offering cooling centers in Yolo County:

### **Brooks**

Rumsey Rancheria Fire Department – (530) 796-2500  
14170 Golf Course Drive in Brooks (next to Cache Creek Casino & Resort)  
Hours: 12:00 p.m.-10:00 p.m.

**Davis**

Davis Community Meals – (530) 753-9204  
1111 H Street in Davis  
Open through Friday 8:00 a.m. to 5:30 p.m.

Veterans Memorial Building  
Visit [www.cityofdavis.org](http://www.cityofdavis.org) for more information

**Esparto**

Esparto Branch Library – (530) 787-3426  
17065 Yolo Avenue in Esparto  
Hours: 1:00 p.m.-10:00 p.m.

**West Sacramento**

West Sacramento Senior Center Multi-Purpose Room – (530) 373-5819  
664 Cummins Way in West Sacramento  
Hours: 7:00 a.m.-9:00 p.m. through Sunday

**Woodland**

Yolo Wayfarer Center - (530) 661-1218  
207 Fourth Street in Woodland  
Hours: Providing cool shelter/water on days when temperatures exceed 100°F from 11:00 a.m. to 3:00 p.m. Dinner is served at 5:00 p.m. and the emergency shelter opens at 6:00 p.m.

Woodland Public Library Leake Room – (530) 661-5981  
250 First Street in Woodland  
Hours: Monday-Thursday 12:00 p.m.-10:00 p.m.

**Zamora**

Zamora Town Hall – (530) 662-8872  
9810 Blacks Street in Zamora  
Hours: 12:00 p.m.-10:00 p.m.

Yolo County residents seeking information on cooling centers or needing assistance this week should call this number: (530) 383-2755

Those needing assistance with public transportation to cooling centers should visit [www.yolobus.com](http://www.yolobus.com) or <http://unitrans.ucdavis.edu/>.

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Attachments: Yolo County Library Branches Where People May Seek Temporary Relief from the Heat  
Wildfire Smoke and Your Health FAQs

## **Yolo County Library Branches Where People May Seek Temporary Relief from the Heat**

### Clarksburg Branch Library

52915 Netherlands Road in Clarksburg

Hours: Tuesday 9:30 a.m.-12:00 p.m. and 1:00 p.m.-7:30 p.m.; Wednesday 5:30 p.m.-7:30 p.m.; Thursday 9:30 a.m.-12:00 p.m. and 1:00 p.m.-7:30 p.m.; Saturday 9:30 a.m.-1:00 p.m.

### Davis Branch Library

315 E. 14<sup>th</sup> Street in Davis

Hours: Monday 1:00 p.m.-9:00 p.m.; Tuesday-Thursday 10:00 a.m.-9:00 p.m.; Friday-Saturday 10:00 a.m.-5:30 p.m.; Sunday 1:00 p.m.-5:00 p.m.

### Esparto Branch Library

17065 Yolo Avenue in Esparto

Hours: Monday 1:00 p.m.-8:00 p.m.; Tuesday 8:30 a.m.-12:00 p.m. and 1:00 p.m.-8:00 p.m.; Wednesday 8:30 a.m.-12:00 p.m. and 1:00 p.m.-8:00 p.m.; Thursday 10:00 a.m.-12:00 p.m. and 1:00 p.m.-8:00 p.m.; Friday 1:00 p.m.-5:00 p.m.; Saturday 10:00 a.m. - 2:00 p.m.

### Knights Landing Branch Library

42351 Third Street in Knights Landing

Hours: Monday 1:00 p.m.-6:00 p.m.; Wednesday 10:00 a.m.-12:00 p.m. and 1:00 p.m.-6:00p.m.

### Arthur F. Turner Branch (West Sacramento)

840 Jefferson Avenue in West Sacramento

Hours: Monday 12:00 p.m.-8:00 p.m.; Tuesday-Thursday 11:00 a.m.-8:00 p.m.; Friday-Saturday 10:00 a.m.-5:30 p.m.

### Winters Branch Library

201 First Street in Winters

Hours: Monday 1:00 p.m.-8:00 p.m.; Tuesday 10:00 a.m.-12:00 p.m. and 1:00 p.m.-5:00 p.m.; Wednesday 10:00a.m.-12:00 p.m. and 1:00 p.m.-8:00 p.m.; Thursday 1:00 p.m.-8:00 p.m.; Friday 1:00 p.m.-5:00 p.m.; Saturday 10:00 a.m.-2:00 p.m.

### Yolo Branch Library

37750 Sacramento Street in Yolo

House: Tuesday 1:00 p.m.-5:30 p.m.; Thursday 10:00 a.m.-12:00 p.m. and 1:00 p.m.-5:30 p.m.

# Wildfire Smoke and Your Health FAQs

## What is in wildfire smoke?

Smoke is made up particles, gases and water vapor. Water vapor makes up the major percentage of smoke. The remainder is carbon monoxide, carbon dioxide, nitrogen oxide, irritant volatile organic compounds, air toxics and very small particles. Particles from smoke tend to be very small - less than one micrometer in diameter. Such small particles can be inhaled into the deepest recesses of the lung and are thought to represent a greater health concern than larger particles.

## What are the health effects of smoke?

The effects of smoke range from eye and respiratory tract irritation to more serious disorders, including reduced lung function, bronchitis, exacerbation of asthma, and premature death. Studies have found that fine particles are linked (alone or with other pollutants) with aggravation of pre-existing respiratory and cardiovascular disease. In addition, particles are respiratory irritants, and exposures to high concentrations of particulate matter can cause persistent cough, phlegm, wheezing and difficulty breathing. Particles can also affect healthy people, causing respiratory symptoms, reduced lung function and lung inflammation. Particulate matter can also affect the body's immune system and make it more difficult to remove inhaled foreign materials from the lung, such as pollen and bacteria. The principal public health threat from short-term exposures to smoke is considered to come from exposure to particulate matter.

## Who is most affected by smoke?

Most healthy adults will recover quickly from smoke exposures and will not suffer long-term consequences. However, certain sensitive populations may experience more severe short-term and chronic symptoms from smoke exposure. These include:

- Individuals with respiratory disorders such as asthma and chronic obstructive pulmonary disorder (COPD)
- Individuals with cardiovascular disease such as high blood pressure, coronary artery disease and congestive heart failure
- The elderly
- Children
- Pregnant women
- People who smoke

## What are some precautionary measures I can take?

- Pay attention to local air quality reports and stay alert to any news coverage or health warnings related to smoke.
- Use common sense. If it looks smoky outside, it's probably not a good time to go for a run. And it's probably a good time for your children to remain indoors.
- If you're advised to stay indoors, keep your windows and doors closed. Run your air conditioner, if you have one. Be sure to keep the fresh air intake closed and the filter clean. If you are traveling by car, take the same precautions.
- Help keep particle levels inside low by avoiding using anything that burns, including wood stoves, gas stoves and candles if possible. And don't smoke. That just puts even more pollution in your lungs – and those of the people around you.
- If you have asthma, be sure to take your medicines, as prescribed by your doctor. If you're supposed to measure your peak flows, make sure you do. Call your doctor if your symptoms worsen.

### Do dust masks or air filters help?

Paper “comfort” or “nuisance” masks are designed to trap large dust particles — not the tiny particles found in smoke. These masks generally will not protect your lungs from wildfire smoke. On the other hand, air filters do help. Indoor air filtration devices with HEPA filters can reduce the levels of particles indoors. Make sure to change the filter regularly. Don’t use an ozone-generating air cleaner. That puts more pollution in your home.

### How can I find out what the air quality is where I live?

If you have access to the internet, you may go to [www.sparetheair.com](http://www.sparetheair.com) and check current conditions. This website is updated on a regular basis.

The following index is useful in judging the levels near you if you do not have access to the internet.

- **Good** (can see 10 miles or more) - No cautionary statements.
- **Moderate** (can see 5-10 miles) - Unusually sensitive people should consider reducing prolonged or heavy exertion.
- **Unhealthy for Sensitive Groups** (can see 3-5 miles) - People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion.
- **Unhealthy** (can see 1½ -3 miles) - People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.
- **Very Unhealthy** (can see 1-1½ mile) - People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.
- **Hazardous** (can see 1 mile or less) - Everyone should avoid all physical activity outdoors; people with heart or lung disease, older adults, and children should remain indoors and keep activity levels low.