



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 Update

(Woodland, CA) – As temperatures are expected to moderate, cooling centers in the unincorporated areas of Yolo County (Brooks, Esparto, Zamora) will only remain open through this evening. Cooling centers throughout Yolo County are as follows:

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. – note: closing at 8:00 p.m. if no occupants

Davis

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

Esparto

Esparto Branch Library – (530) 787-3426
17065 Yolo Avenue in Esparto
Hours: 1:00 p.m.-10:00 p.m. – note: closing at 8:00 p.m. if no occupants

West Sacramento

West Sacramento Senior Center Multi-Purpose Room
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. – note: closing at 8:00 p.m. if no occupants

Yolo County residents seeking information on cooling centers or needing assistance through today should call this number: (530) 383-2755. Those needing assistance with public transportation to cooling centers should visit www.yolobus.com or <http://unitrans.ucdavis.edu/>.

Heat & Air Quality Concerns

The Yolo-Solano Air Quality Management District, in consultation with Yolo County Health Officer Bette Hinton, M.D., and Solano County Deputy Health Officer Mark Maus, DO, MPH, is advising residents to take precautions and avoid outdoor activities due to high particulate levels from wildfire smoke. In addition, continued high temperatures forecasted for the remainder of the week may increase ozone levels further degrading air quality.

If you smell or see smoke, individuals should take the following actions:

- Everyone should avoid outdoor activities if you can see or smell smoke, even if you are healthy.
- Children, the elderly and people with respiratory or heart conditions should be particularly careful to avoid exposure.
- Stay indoors with doors and windows closed as much as possible.
- Asthmatics should follow their asthma management plan.
- Contact your doctor if you have symptoms of cough, shortness of breath, or other symptoms you believe to be caused by smoke.
- Those with heart disease should especially limit their smoke exposure since particulate matter (PM)* can cause heart attacks.

* Fine particles of solid matter or liquid droplets from smoke, dust and fly ash.

Residents are encouraged to stay indoors. Those 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.

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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. 14th 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 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.