



**COUNTY OF RIVERSIDE
COMMUNITY HEALTH AGENCY
DEPARTMENT OF PUBLIC HEALTH**

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FOR IMMEDIATE RELEASE:

PRECAUTIONS CAN HELP PROTECT AGAINST HEALTH HAZARDS FROM WILDFIRE SMOKE

Smoke and ash from wildfires throughout Southern California can pose a health hazard in Riverside County, especially for people with chronic respiratory conditions.

As air quality worsens, people in smoky areas should stay indoors and limit their physical activity outdoors, according to Dr. Eric Frykman, Riverside County's health officer. In smoky conditions, sports and other strenuous outdoor activities should be curtailed.

Residents also should use the "recirculation" function on air conditioners, if the function is available. When air outdoors is smoky, recirculating the air from inside your home, office or car usually will make it easier to breathe.

Individuals should contact a medical provider if they experience symptoms such as chest pain, chest tightness or shortness of breath.

For the latest information on fire conditions, go to the county Office of Emergency Services website at www.rvcfire.org.

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