Air Quality Alert

Smoke from the Canyon Zone Fires in Western Stanislaus County is affecting our air quality in Los Banos.

Smoke from wildfires can affect health. The most common symptoms are eye and throat irritation, coughing, and difficulty breathing. Persons with health problems, especially heart or respiratory conditions, should take extra caution.

Follow these precautions to protect your health:

- Minimize outdoor activities
- Stay indoors with windows and doors closed as much as possible
- Do not run fans that bring smoky outdoor air inside
- Run your air-conditioner or heat only if it does not bring smoke in from the outdoors
- Consider leaving the area until smoke conditions improve if you experience symptoms related to smoke exposure
- Know current air quality by checking at https://www.valleyair.org/myraan/

For Outdoor Workers:

- Limit exertion
- Take frequent breaks
- If prolonged outdoor activity is unavoidable, proper masks (for example N95 masks) can protect against harmful exposure
- Consult with your employer if you have specific concerns

When to Seek Medical Attention:

Contact your health care provider if you experience the following symptoms that do not improve after moving indoors or into a safe air quality environment:

- Shortness of breath or difficulty breathing
- Wheezing
- Chest tightness or pain
- Palpitations
- Nausea or unusual fatigue
- Lightheadedness and/or feeling faint
As always, if you or someone you know is experiencing an emergency, call 9-1-1.

Additional Information:
San Joaquin Valley Air Pollution Control District:
https://www.valleyair.org/Home.htm
Centers for Disease Control and Prevention:
https://www.cdc.gov/disasters/wildfires/index.html
California Department of Public Health:
https://www.cdph.ca.gov/Programs/EPO/Pages/BI_Natural-Disasters_Wildfires.aspx