



air pollution control district  
SANTA BARBARA COUNTY



**For Immediate Release**

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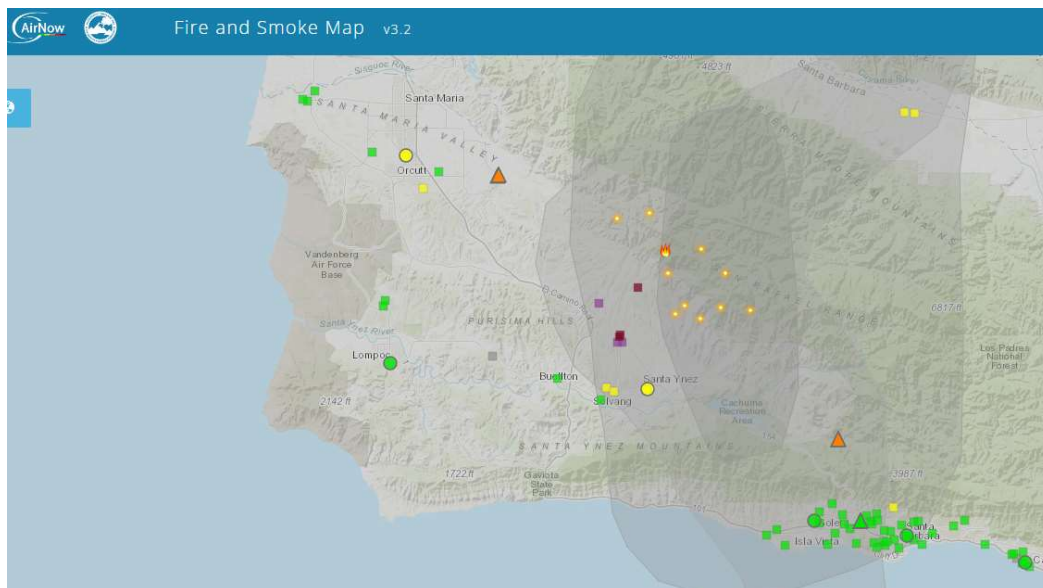
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## **Air Quality Alert Expanded to Santa Ynez Valley**

### **Air Quality Watch Continues Countywide**

SANTA BARBARA COUNTY, Calif. — The Santa Barbara County Public Health Department and the Santa Barbara County Air Pollution Control District (APCD) have updated the Air Quality Alert to include the Santa Ynez valley and other areas in close proximity to the Lake Fire. The remainder of the county is currently experiencing Good to Moderate air quality conditions. All Santa Barbara County residents are encouraged to stay alert to local conditions and be prepared to take steps to protect you and your family's health.

The Environmental Protection Agency's Fire & Smoke map ([fire.airnow.gov](https://fire.airnow.gov)) is a useful tool to monitor real-time air quality impacts from the Lake Fire. Below is a snapshot of the Fire & Smoke map:



- The icon colors on the map reflect the current air quality conditions throughout the county and follow the color codes of the Air Quality Index (AQI);
- The grey contours represent the modeled smoke plume from the Lake Fire. Smoke plumes shown on the map indicate that smoke is present. However, the smoke may be high in the air instead of at ground level.

The AQI has six categories, ranging from Good to Hazardous. The table below shows the actions you can consider taking for each category:

Air Quality Index	Who Needs to be Concerned?	What Should I Do?
Good 0-50	It's a great day to be active outside.	
Moderate 51-100	Some people who may be unusually sensitive to particle pollution.	<p><b>Unusually sensitive people:</b> Consider reducing prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier.</p> <p><b>Everyone else:</b> It's a good day to be active outside.</p>
Unhealthy for Sensitive Groups 101-150	Sensitive groups include people with heart or lung disease, older adults, children and teenagers.	<p><b>Sensitive groups:</b> Reduce prolonged or heavy exertion. It's OK to be active outside, but take more breaks and do less intense activities. Watch for symptoms such as coughing or shortness of breath.</p> <p><b>People with asthma</b> should follow their asthma action plans and keep quick relief medicine handy.</p> <p><b>If you have heart disease:</b> Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.</p>
Unhealthy 151 to 200	Everyone	<p><b>Sensitive groups:</b> Avoid prolonged or heavy exertion. Move activities indoors or reschedule to a time when the air quality is better.</p> <p><b>Everyone else:</b> Reduce prolonged or heavy exertion. Take more breaks during all outdoor activities.</p>
Very Unhealthy 201-300	Everyone	<p><b>Sensitive groups:</b> Avoid all physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better.</p> <p><b>Everyone else:</b> Avoid prolonged or heavy exertion. Consider moving activities indoors or rescheduling to a time when air quality is better.</p>
Hazardous 301-500	Everyone	<p><b>Everyone:</b> Avoid all physical activity outdoors.</p> <p><b>Sensitive groups:</b> Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.</p>

In addition to checking the air quality monitor readings, we encourage everyone to pay attention to conditions around them. Levels of smoke and particles, and areas affected, will vary. If you see or smell smoke in the air, be cautious and use common sense to protect your and your family's health. Everyone, especially people with heart or lung conditions, older adults, pregnant women, and children, should limit time spent outdoors and avoid outdoor exercise when high concentrations of smoke and particles are in the air.

**When air quality reaches unhealthy levels (Air Quality Index at 151 or greater – RED in the chart above), and/or if you see or smell smoke, we recommend that everyone:**

- Head indoors and remain indoors, as much as possible – the best protection against wildfire smoke is to stay indoors as much as possible.
- Avoid outdoor activities.
- Close all windows and doors that lead outside to prevent bringing additional smoke inside.
- Create a “clean air room” to keep indoor air quality safe. Turn on your High-Efficiency Particulate Air (HEPA) purifier if possible. For information on different ways to create a “clean air room,” click [here](#).
- Drink plenty of fluids to keep respiratory membranes moist.
- Per California Code of Regulations, employers are required to provide N95 respirators to employees working outdoors in unhealthy air quality due to wildfire smoke.
- If you are an essential worker and must work outside during wildfire smoke conditions, the use of a well and tightly fitted N-95 mask provides protection.

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.