



# COUNTY OF ORANGE – HEALTH CARE AGENCY

# PRESS RELEASE

**For Immediate Release:**

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## Wildfire Smoke Poses Potential Health Risk

**(Santa Ana, CA)** - Smoke from the Coastal Fire may pose a health danger to some Orange County residents, especially those in certain high-risk groups. The South Coast Air Quality Management District has issued a [Smoke Advisory](#) for Orange County in the Saddleback Valley, Central Coastal area, and Capistrano Valley where monitors currently report an Air Quality Index of good to moderate levels. Visit <https://www.aqmd.gov/aqdata> for current air quality conditions.

“Everyone should take precautions to stay cool and drink plenty of water to reduce health risks related to the heat and wildfire smoke,” said Dr. Regina Chinsio-Kwong (CK), County Health Officer. “Additional precautions are especially needed for older adults, those with preexisting medical conditions like heart or lung disease, those with disabilities, children, and those who may be working outdoors.” Dr. CK also reminds residents to check on their family members, friends and neighbors throughout the week.

### Precautions to Reduce Health Effects of Wildfire Smoke:

- Avoid any vigorous outdoor or indoor activity.
- People with respiratory or heart disease, the elderly, and children should remain indoors.
- Keep the windows and doors in your home closed.
- Use your air conditioner on the re-circulate mode, if available, to limit the intake of outdoor air and keep your home comfortable.
- Keep your airways (nose and mouth) moist by drinking extra amounts of water. This helps your body filter out potentially harmful particles in the smoke.
- Seek medical attention if you have symptoms such as chest pain, chest tightness, shortness of breath, or severe fatigue.

For more information on potential risks of wildfire smoke, visit the Centers for Disease Control and Prevention website at [Protect Yourself from Wildfire Smoke | Air | CDC](#)

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