



# HEALTH ADVISORY

## Public Health

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September 10, 2024

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## Health Officer issues smoke advisory for Line Fire

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San Bernardino County Health Officer Dr. Michael Sequeira advises county residents who live near the Line Fire or in areas affected by its smoke to stay alert to changing smoke levels and to take appropriate precautions as needed.

"Smoky conditions can be hazardous for young children, the elderly, individuals with heart conditions or chronic lung disease such as asthma and bronchitis, and individuals with other respiratory ailments," stated Dr. Sequeira. "Older adults and children should remain indoors, keep windows and doors closed, or seek alternate shelter."

Keep pets indoors as much as you can and keep them in rooms with good ventilation. Watch for signs of respiratory stress, such as coughing, difficulty breathing, eye irritation, and fatigue. If your pet shows symptoms, seek veterinarian assistance immediately. Move potentially dangerous products, such as pesticides, out of the reach of pets.

Individuals with asthma, bronchitis, emphysema, chronic obstructive pulmonary disease (COPD), and other lung or heart diseases should make sure they have at least a five-day supply of medication on hand. Individuals with asthma should consult their physician about an asthma management plan and stick to it during unusually smoky conditions. Listen for radio and television messages about fires in your area.

It is recommended that the air conditioning be run on a "recirculation" function. If smoke is present, it will be easier to breathe indoors if air is recirculating instead of drawing smoky air from outdoors. If you see visible smoke outside, do not use a swamp cooler.

South Coast Air Quality Management District recommends that if you must be outside, a properly fitted N95 or P100 respirator may provide some protection.

People should contact their doctor if they have symptoms such as chest pain, chest tightness, shortness of breath, or severe fatigue. This is important not only for people with chronic lung or heart disease, but also for individuals who have not been previously diagnosed with such illnesses. Smoke can "unmask" or produce symptoms of such diseases.

For more information regarding the Line Fire, visit the Preparedness Starts Here website at [prepare.sbcounty.gov/line-fire](http://prepare.sbcounty.gov/line-fire).

For real-time air quality information, maps, notifications, and health alerts in your area, visit AQMD at [www.aqmd.gov](http://www.aqmd.gov) or call 1-800-CUT-SMOG. For the high desert region, you can contact the Mojave Desert Air Quality Management District (MDAQMD) at [www.mdaqmd.ca.gov](http://www.mdaqmd.ca.gov) or by calling 760-493-3546.

For health-related questions regarding smoke from the fire, please contact your primary care provider or the San Bernardino County Public Health's Health Centers at 1-800-722-4777.