



NEWS RELEASE

Department of Public Health

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June 19, 2015

Smoke Advisory

A wildfire is currently burning in the San Bernardino National Forest east of Camp De Benneville Pines, near Barton Flats, south of Big Bear Lake. The fire, called the Lake Fire, was last reported to have burned 11,000 acres with 10 percent containment.

Dr. Maxwell Ohikhuare, Health Officer with the County of San Bernardino, Department of Public Health advises sensitive groups including young children, the elderly, and those with lung or heart ailments, to avoid prolonged or heavy activity. The general public should also limit activities that require prolonged exposure and strenuous exercise or sports participation. Residents should seek medical attention if they have symptoms such as chest pain, chest tightness or shortness of breath. This is important for not only those with chronic lung or heart disease, but also for people who have not been previously diagnosed with such illnesses. Smoke can “unmask” or produce symptoms of such diseases.

Even healthy people can have some of these symptoms in smoky conditions, as well as scratchy throat, headaches, stinging eyes, and runny nose. There are some ways you can protect your health. If you are advised to stay indoors, keep indoor air as clean as possible. Keep windows and doors closed unless it is hot outside. Run an air conditioner if you have one, but keep the fresh air intake closed and the filter clean to prevent outdoor air from getting inside. If you do not have an air conditioner and it is too warm to stay inside with the windows closed, seek shelter in a cool place like a mall or senior center.

For more information about wildfire healthy and safety, go to the U.S. Centers for Disease Control and Prevention website <http://emergency.cdc.gov/disasters/wildfires>

To get local health guidance, go to the San Bernardino County Department of Public Health website www.sbcounty.gov/dph

South Coast Air Quality Management District Advisory updates can be found www.aqmd.gov/home/library/public-information/publications#factsheet .