



North Coast Unified Air Quality Management District (NCUAQMD)

Humboldt, Del Norte, and Trinity County

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For Immediate Release

August 3, 2026

Advisory updated as conditions change

AIR QUALITY SMOKE ADVISORY

Summary

Upper level smoke from fires in Oregon and Washington may drift down into Northwestern California and into our region. Smoke modeling indicates the smoke overhead may occur briefly tonight into Tuesday from northeasterly winds. Widespread haze and any smoke impacts may be more evident in parts of Del Norte County and along the Humboldt Coast. Smoke impacts are forecast to be widespread haze with an Air Quality Index (AQI) level of Good to Moderate in most locations. Check current AQI levels (links below) to stay informed as air quality can fluctuate throughout the day.

All members of the public, especially those with respiratory or heart disease, the elderly, pregnant women, and children should remain alert, and if necessary, reduce or avoid all outdoor exertion when wildfire smoke is present. Everyone else should limit prolonged exertion in areas of noticeable smoke accumulation. All individuals are urged to use proper judgement when planning activities. Individuals wishing to minimize their exposure should:

- Limit exercise and outdoor activities
- Remain indoors, with the windows and doors closed
- Turn on an air conditioner with a recirculation setting (such as in a vehicle)

Information Resources.

Information on the current Air Quality Index (AQI) for particulate matter, fire locations and smoke plumes, and US Forest Service Air Resource Advisor (ARA) Smoke Outlook Forecasts, are available at the **EPA's AirNow Fire & Smoke Map** at <https://fire.airnow.gov>. All AQI forecasts are based on a 24-hour average.

U.S. EPA AIR QUALITY INDEX (https://www.airnow.gov/aqi/aqi-basics/)			
Notice	Level of Concern	AQI Value	Actions to Protect Yourself
	Good	0 – 50	None, air quality is satisfactory and poses little or no risk
	Moderate	51 - 100	Sensitive individuals should limit prolonged or heavy exertion
	Unhealthy for Sensitive Groups (USG)	101 - 150	People within USG should reduce prolonged or heavy outdoor exertion
Advisory	Unhealthy (UH)	151 - 200	People within USG should avoid all prolonged or heavy outdoor exertion
	Very Unhealthy (VUH)	201 - 300	Everyone should avoid prolonged or heavy exertion
Alert	Hazardous (HAZ)	> 301	Everyone should avoid any outdoor activity

US Forest Service Air Resource Advisors (ARAs) are assigned to certain fires that may impact our area and typically provide daily Smoke Outlook Forecasts for local communities around active wildfires at: <https://outlooks.wildlandfiresmoke.net/outlook>.

Clean Air Centers provide a safe place to go during periods of intense wildfire smoke or poor air quality. For information about available Clean Air Centers go to **CARB's CA Clean Air Centers** at: <https://ww2.arb.ca.gov/cleanaircenters>.

For information about **School Air Quality and Outdoor Activity Guidance during wildfires** please visit: <https://www.ncuaqmd.org/aq-guidance-for-schools>.

Fire information can be found at <http://inciweb.nwcg.gov/> or <https://fire.airnow.gov/> or app.watchduty.org. As with all wildfires, ash fallout is possible. Ash fallout information can be found in the Wildfire Smoke Resources section of our webpage at www.ncuaqmd.org.

Health Information & Actions to Protect Yourself from Smoke Impacts

For information on the steps, you can take to keep your family safe before and during wildfire season visit **CARB's Smoke Ready California** (<https://ww2.arb.ca.gov/smokereadyca>).

Concentrations of smoke may vary depending upon location, weather, and distance from the fire. Smoke from wildfires and structure fires contain harmful chemicals that can affect your health. Smoke can cause eye and throat irritation, coughing, and difficulty breathing.

People who are at greatest risk of experiencing symptoms due to smoke include:

- Young children
- The elderly
- Pregnant women
- People with chronic respiratory (asthma, COPD, etc.) and heart conditions
- People who work outside

These sensitive populations should stay indoors and avoid prolonged activity. All others should limit prolonged or heavy activity and time spent outdoors. Even healthy adults can be affected by smoke. Seek medical help if you have symptoms that worsen or become severe.

Follow these general precautions to protect your health during a smoke event:

- Minimize or stop outdoor activities, especially exercise.
- Stay indoors with windows and doors closed as much as possible.
- Do not run fans that bring smoky outdoor air inside – examples include swamp coolers, whole-house fans, and fresh air ventilation systems.
- Run your air-conditioner only if it does not bring smoke in from the outdoors. Change the standard air conditioner filter to a medium or high efficiency filter. If available, use the “re-circulate” or “recycle” setting on the unit.
- Do not smoke, fry food, or do other things that will create indoor air pollution.

Consider leaving the area until smoke conditions improve if you have repeated coughing, shortness of breath, difficulty breathing, wheezing, chest tightness or pain, palpitations, nausea, unusual fatigue, lightheadedness.

For further information, visit the District's website at www.ncuaqmd.org or call the District's Wildfire Response Coordinator at (707) 443-3093 x122.