



Public Health Brief

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Thursday July 6, 2023

“And So It Begins”

Last evening as my wife and I were driving south on Hwy 395, admiring the sunset and the mountains, she commented that the sky “looked smoky”, and then stated, “And so it begins!”

Although the risk of wildland fire is currently lower in the Sierra forests, the western slopes are filled with oak trees and tall grass that is now “golden”. Due to the prevailing winds from the west, we in Eastern Sierra communities are subject to risk of smoke-filled skies in the days to come. The Bone Fire is one example ([Castf 2023 Bone Lightning Fire Information | InciWeb \(nwcg.gov\)](#))

There are many resources available for you to prepare and to respond to the risks from smoke and fire in our communities, and this can be overwhelming. Here are links to some of them:

From KCRA Sacramento: [Check out our wildfire preparedness guide for more information about understanding fire terms, defensible space and home hardening, evacuation warnings and go bags.](#)

How to find Cal Fire wildfire incidents: [Cal Fire tracks its wildfire incidents here.](#) [You can sign up to receive text messages for Cal Fire updates on wildfires happening near your ZIP code here.](#)

How to find wildfires on federal land: [Federal wildfire incidents are tracked here.](#)

How to prepare for power outages: [Ready.gov explains how to prepare for a power outage and what to do when returning from one here.](#) [Here is how to report track and report PG&E power outages.](#) For Liberty Utilities, go to: [Liberty Home page - Residential - California Electric - Liberty \(libertyutilities.com\)](#) and click on “Emergencies and Outages”.



Public Health

Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

Alpine County Board of Supervisors, Phone: (530) 694-2281

District 1: Charles Dobson, District 2: Ron Hames, District 3: Irvin Jim,

District 4: Terry Woodrow, District 5: David Griffith

How to keep informed when you've lost power and cellphone service: [How to find a National Weather Service radio station near you.](#)

How to be prepared for road closures: Download Caltrans' QuickMap app or [check the latest QuickMap road conditions here.](#)

Great Basin Unified Air Pollution Control District resources (Alpine, Inyo, and Mono Counties):

- [GBUAPCD - Home](#)
- For current levels:
 - o [GBUAPCD - Current AQI NowCasts](#)
- For health advisories at different levels:
 - o [GBUAPCD](#)

Fire and smoke map, with fine particulate matter (PM 2.5) levels:

- <https://fire.airnow.gov>

Smoke forecasts:

- Blue Sky Daily Runs:
 - o [WebSky v2 \(airfire.org\)](#)
- 48 hour smoke forecast:
 - o <https://gis.trpa.org/smokemap>

Alpine County resources:

- **SIGN UP** for “Emergency Alerts” or “Bear Valley Notifications”:
 - o [Notify Me • Alpine County, CA • CivicEngage \(alpinecountyca.gov\)](#)
- **If you have trouble with the internet or do not have access to a computer, please call the Alpine County Sheriff's Office during normal business hours for assistance.**
 - o **Alpine County Sheriff's Office 530-694-2231**
 - o [Sheriff | Alpine County, CA - Official Website \(alpinecountyca.gov\)](#)
- Alpine County Facebook page:
 - o [\(9\) Facebook](#)



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Since our response and resources are intimately linked and often dependent on neighboring jurisdictions, here are some links to these resources:

Douglas County Nevada:

- **SIGN UP** for Emergency Notifications from Douglas County Nevada – 911 Emergency Services. Go to the following website link and agree to terms and then complete the form online and submit.
 - o <https://douglascounty.onthealert.com/Terms/Index/?ReturnUrl=%2F>

El Dorado County emergency information:

- [El Dorado County Emergency Services](#)
- [Sign up for El Dorado County Emergency Alerts](#)
- [El Dorado County Sheriff's Office](#). Here is how to follow them on [Facebook](#) and [Twitter](#).
- [South Lake Tahoe Police Department](#)
- [California Highway Patrol](#)

Amador County emergency Information:

- [Amador County Office of Emergency Services](#)
- [Sign up for CodeRED emergency notifications](#)
- [Amador County Sheriff's Office](#). Here is how to follow them on [Facebook](#). If you want to make sure that your 911 call goes to the Amador County Sheriff's Office, call 209-223-1235.
- [California Highway Patrol, Amador Office](#)
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Calaveras County emergency information:

- [Calaveras County Office of Emergency Services](#)
- [Sign up for the Calaveras Alert emergency notification program](#)
- [Here is a map that shows evacuation information for the county](#)
- [Calaveras County Sheriff's Office](#). Here is how to follow them on [Facebook](#) and [Twitter](#).
- [Angels Camp Police Department](#)
- [California Highway Patrol - San Andreas](#)



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Here is a useful chart to use when you do not have access to actual air quality numbers – just using your eyes!

Recommendations for Outdoor Physical Activity during Smoky Conditions

This guide is intended to help you make decisions on outdoor activities when it's smoky outside.

Group information is listed below.

Length of Outdoor Physical Activity	Good for Groups (1 – 3)	Moderate for Group 1 Individuals	Unhealthy for Group 1 & 2 Individuals	Unhealthy for Group 1 - 3 Individuals	Very Unhealthy for Group 1 - 3 Individuals	Hazardous for Group 1 – 3 Individuals
	Visibility > 11 miles	Visibility 6 - 10 miles	Visibility 3 – 5 miles	Visibility 1.5 – 2.75 miles	Visibility 1 – 1.25 miles	Visibility < 1 mile
30 Minutes	No Restrictions	Group 1 Individuals should monitor or reduce physical activity.	Groups 1 & 2 should limit time spent outdoors or reduce physical activity.	Groups 1 & 2 should avoid the outdoors and Group 3 should reduce physical activity.		
1 Hour	No Restrictions	Group 1 Individuals should monitor or reduce physical activity.	Groups 1 & 2 should considerably limit time spent outdoors and reduce physical activity.	All Groups should avoid the outdoors and physical activity.	All Groups should avoid the outdoors and physical activity.	All Groups should avoid the outdoors and physical activity.
2 Hours or More	No Restrictions	Group 1 Individuals should limit prolonged physical activity.	Groups 1 & 2 should avoid the outdoors and Group 3 should reduce physical activity.			

WHICH GROUP ARE YOU IN?		
Group 1 Individuals	Group 2 Individuals	Group 3 Individuals
This group includes those with respiratory or heart disease, angina, pulmonary disease, asthma, emphysema or any other disease that may be impacted by any level of smoke.	This group includes those with asthma, or recent respiratory infections, those who experience seasonal allergies, work outside, or in general are more sensitive to the acute effects of smoke.	This group includes those who are more resistant to the short term effects of smoke. Healthy people may also experience adverse effects of smoke depending on duration and exposure.

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