

Boulder County Fire Alert:

Some children will be at increased risk for symptoms of mild smoke inhalation. Be more alert with children who have any respiratory issues (asthma, reactive airways, pneumonia...), cardiac (heart), or chronic medical conditions.

When to get help: *children may rapidly worsen if they have these symptoms.*

- Hoarse voice
- Difficulty breathing: Rapid, erratic, or if you see retractions (sucking in) between ribs, or above clavicle (shoulder bone)
- Prolonged coughing spells
- Mental confusion

Preventative Measures at home:

- **Hydration:** is very important: make sure your child is taking in lots of fluids. I would also run a humidifier in your house to aid mucus membrane support.
- **Antioxidant:** Vitamin C is safe and accessible, but you can use your favorite. This can help with the oxidative damage from smoke and toxins.
- **Omega 3's:** Fish oil will help keep your cells healthy, and decrease inflammation.
- **Stay inside:** Not a recommendation you will hear from me very often.

Colorado dept of health advisory: <http://apcd.state.co.us/advisory.aspx>

"IF VISIBILITY IS LESS THAN 5 MILES IN SMOKE IN YOUR NEIGHBORHOOD DUE TO A WILDFIRE, SMOKE HAS REACHED LEVELS THAT ARE UNHEALTHY. If smoke is thick or becomes thick in your neighborhood you may want to remain indoors. This is especially true for those with heart disease, respiratory illnesses, the very young, and the elderly. Consider limiting outdoor activity when moderate to heavy smoke is present. Consider relocating temporarily if smoke is present indoors and is making you ill."

"**BVSD** mountain schools will be closed Tuesday, Sept. 7, due to fires in the foothills and related road closures. Mountain schools include Jamestown, Gold Hill and Nederland elementary schools, as well as Nederland Middle/Senior High School. BVSD mountain school bus routes including those to the Boulder schools will not drive to or from the mountains on Tuesday, Sept. 7. Further updates will be posted here on the website." <http://bvsd.org/Pages/default.aspx>