North Bay Fires & Environmental Health

How to Protect Your Family's Health

The North Bay Fires have released significant toxics into our environment that are affecting our health. Children are particularly vulnerable to toxic air pollution. The following are recommendations on how to reduce toxics exposure, provide extra nutritional and herbal support, and gently detoxify during this time.*

REDUCE EXPOSURE

- Monitor Air Quality Index at airnow.gov
- Keep children and pets indoors
- Protect Your Lungs with a Mask - N95 or N100 are recommended. For more info: http://www.ncuaqmd.org/files/Wildfire/FaceMaskInfo.pdf
- Remove shoes when entering your home
- Change clothes when returning home
- Before going to bed, remove day clothes, bathe or shower and wash hair thoroughly
- Run a HEPA air purifier in your home
- Wet mop floors and wet dust surfaces to remove ash, then clean with all-natural cleaning solution
- Vacuum floors and fabric furniture well and often (HEPA vacuum recommended)
- Avoid toxic cleaners as they can further compromise your health

NUTRITIONAL SUPPORT

- Stay hydrated and take electrolytes
- Choose healthy, nutrient-dense foods like broths, soups, and dark greens
- Avoid pro-inflammatory foods like sugar, fried foods, alcohol, & factory-farmed meats/dairy
- Eat lots of fresh vegetables and fruits
- Encourage children to self-select their veggies and fruits to ensure they eat them
- Eat fermented foods for probiotic support
- Choose naturally detoxifying foods like broccoli, cauliflower, kale, brussels sprouts, cabbage, collard greens, spinach, beets, carrots, asparagus, apricots, plums, pumpkins, squash, and sweet potatoes

HERBAL SUPPORT

These formulas are available at Farmacopia in Santa Rosa and Rosemary's Garden in Sebastopol

- Soothe the throat with Throat Coat Tea, Throat Quencher Spray, Kids Throat TLC, lozenges, honey
- Open up breathing passages with Cough Quiet, Kids Cough, Calm Breathing Tea, Healthy Lungs Tea, Old Indian Wild Cherry Syrup, Herbal Respiratory Relief, Mental Clarity Essential Oil
- Calm nerves with Kids Calm, Stress Recovery Essential Oil, Calm Tincture, Rescue Remedy Pastilles, Five Flower Essence
- Boost immunity with Vitamin C, Zinc, Activated B Vitamins, and mushrooms

GENTLE DETOXIFICATION

- Pooping is good! Make sure your bowels are healthy. Magnesium will help
- Warm baths with epsom salts are great ways for kids to naturally detox
- Extra Vitamin C
- Activated Charcoal
- Chlorella
- Milk thistle/artichoke capsules
- Turmeric
- Eat lots of naturally detoxifying foods

SELF CARE

- Take time to rest and nurture your health
- Seek out support from family, friends, local organizations, mental health care
- Love yourself, you deserve it

*Recommendations are not intended to treat or cure any illness or disease. If you suspect that you have a medical problem, consult with your physician. Some herbs may cause an allergic reaction. Special thanks to Lily Mazzarella, MS, Herbal Medicine, Board Certified Nutrition Specialist, owner at Farmacopia in Santa Rosa, CA., for her wisdom and guidance.