



# *Spare the Air* ADVISORY

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For Immediate Release

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## **Unhealthy Air Quality Forecast for Wednesday and Thursday**

### **First Spare the Air Advisory of Smog Season Is a Double-Header**

High pressure, escalating temperatures, and low winds are resulting in conditions that contribute to the production of ground level ozone--the main ingredient in smog--and that means **unhealthy air quality** in the Bay Area for **Wednesday, June 25th, and Thursday, June 26, 2003, the first Spare the Air Advisories of the year.**

- Ground level ozone at concentrations over health-based air quality standards impacts those with respiratory and heart conditions as well as the young and elderly.
- Ground level ozone is formed when volatile organic compounds (VOCs) combine with oxides of nitrogen (NOX) in the presence of heat and sunlight. These smog-forming gases are emitted from tailpipes, evaporating gasoline, paints and household products.

#### **Precautions**

- **Vigorous outdoor exercise should be limited to the early morning hours or around sunset when ozone levels decrease.**

#### **How you can help**

- **Plan a clean air commute tomorrow - take public transit or carpool – call 511 or visit [www.511.org](http://www.511.org) for transit information.**
- **Take a lunch to work so you don't need to make another car trip.**
- **Link trips for errands – a warm engine is less polluting than one just started cold.**
- **Refuel after 6 p.m. – gasoline vapors will not contribute to smog formation at this time.**
- **Postpone using gasoline-powered lawn and garden equipment which can contribute about 13 tons of smog-forming emissions per day.**
- **Conserve electricity – set the air conditioner to higher temperature.**

For background and air quality information visit the website: [www.sparetheair.org](http://www.sparetheair.org)

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