



BAY AREA  
AIR QUALITY  
MANAGEMENT  
DISTRICT

# Spare the Air ADVISORY

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For Immediate Release

Contact: Will Taylor: 415-749-4900  
Cell: 415-720-8454

## **Monday is a *Spare the Air Day***

**Monday, August 25,** will be a Spare the Air Day. Higher temperatures and a slackening of wind have Air District meteorologists predicting unhealthy air quality in the Bay Area's eastern inland areas and the possibility of the same in the Santa Clara valley.

Monday is the sixth Spare the Air day of the 2003 summer season. To date there have been a total of five days when the national 8-hour ozone health standard has been violated.

As on any Spare the Air day, Bay Area residents are requested to minimize the use of their automobiles and to choose alternatives such as public transit, carpooling, bicycling or walking to get from home to work and to run errands.

Ground level ozone is formed when volatile organic compounds (VOCs) combine with oxides of nitrogen (NOX) in the presence of heat and sunlight. Consumer products – especially those used for personal grooming and household cleaning chores are major sources of VOCs. These products contribute 52 tons of pollution in the Bay Area on an average summer day. Six tons alone come from hair sprays, leading to the admonition: *If it's a bad air day allow yourself a bad hair day.*

### **How you can help**

- Plan a clean air commute tomorrow - take public transit or carpool – call 511 or on the web visit [www.511.org](http://www.511.org) for transit information. **This summer, WHEELS buses in the Livermore-Dublin-Pleasanton Tri-Valley area are offering free rides on Spare the Air days. Call 925-455-7500 or check [www.wheelsbus.com](http://www.wheelsbus.com) for route and schedule information.**
- Postpone using gasoline-powered lawn and garden equipment that contribute as much as 13 tons of smog-forming emissions per day.
- Visit the Spare the Air homepage ([www.sparetheair.org](http://www.sparetheair.org)) to learn about nontoxic alternatives to commercial household cleaning products.

### **Precautions**

- People with respiratory or heart conditions, asthma or allergies should take it easy-- especially during the hours between 1 and 6 PM.
- Vigorous outdoor exercise should be limited to the early morning hours or around sunset when ozone concentrations begin to subside.