



## *Spare the Air* **ADVISORY**

September 5, 2004  
For Immediate Release

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### **Tomorrow, MONDAY, SEPT 6<sup>th</sup>, is the second *Spare the Air* Day of 2004**

**What:** Air quality levels are expected to reach unhealthy levels tomorrow, Monday, September 6<sup>th</sup>. The Air District asks residents of the nine Bay Area counties to “Spare the Air” by reducing air-polluting activities—especially driving.

- “Wheels,” the bus system of the Livermore-Amador Valley Transit Authority offers FREE commutes on Spare the Air Days.

**Why:** High pressure, escalating temperatures, and low winds create the conditions that cause polluting gases to form ground-level ozone, the main ingredient in smog.

**Who:** Spare the Air Day ozone levels are particularly harmful for young children, as well as seniors and those with respiratory and heart conditions. Vigorous outdoor exercise should be undertaken in the early morning hours.

**How:**

- Carpool or take public transit. Call 511 or check [www.511.org](http://www.511.org) for transit information
- Refuel after 6 p.m. or wait until the following evening to pump gas.
- Limit driving as much as possible by combining errands into one trip.

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

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