



# *Spare the Air* **ADVISORY**

July 19, 2006  
For Immediate Release

Contact: Jack M. Colbourn  
(415) 749-4900

## **Spare the Air Tomorrow Thursday, July 20**

**FREE Transit All Day  
5th of 6 Free Fare days**

**What:** Air quality levels are expected to reach unhealthy levels tomorrow, Thursday, July 20. The Air District asks residents of the nine Bay Area counties to continue to "Spare the Air" by reducing air-polluting activities—especially driving. This will be the fifth Spare the Air Day of the year.

- 25 transit agencies throughout the Bay Area are offering FREE transit on the first 6 Spare the Air Days to take place on a non-holiday weekday this year. This will be the fifth of the six Free Fare days budgeted so far this year.

**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 done only in the early morning hours when ozone levels are lower.

**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.
- Use air-friendly products tomorrow. Switch from aerosols to gel and liquid household products.

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

# # #