



For Immediate Release  
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Contact: Ralph Borrmann  
415.760.0285 (cell)

## *Spare the Air* TONIGHT! Air Quality is Forecast to be Unhealthy

The Bay Area Air Quality Management District is issuing a *Spare the Air Tonight* Advisory for this evening, Friday, January 19, through tomorrow morning. Forecasts predict that particulate pollution concentrations will reach unhealthy levels. The Air District is asking Bay Area residents **to not burn wood and to limit their driving** in order to help reduce particulate emissions. This is the **twentieth** alert this season.

Small particle pollution can be especially harmful for the young, the elderly, and for people with respiratory or cardiovascular disease. During this recent cold snap, it's important to remember that wood burning is not an efficient way to heat your home and that it contributes to the unhealthy build-up of harmful air pollutants.

Still, cool weather conditions favor the buildup of particulate matter. On winter evenings, the earth cools the air close to the ground, which creates an inversion layer of warmer air above. When there is no wind, pollution trapped under this lid of warm air can build up rapidly to unhealthy levels. Particulate pollution is most highly concentrated at night and in the early morning hours.

Particulate pollution has been linked with a series of health problems, especially for the very young, the elderly, and people with respiratory or cardiovascular disease.

***There is no free transit during the Spare the Air Tonight season.***

***Some tips to make this a clean new year:*** Convert your wood-burning fireplace to a natural gas or pellet stove. Drive less this year and use public transportation more. Remember, individual actions are vitally important to keeping the air clean in 2007.

For more information call 1-800 HELP AIR  
or visit our website: [www.sparetheair.org](http://www.sparetheair.org)

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