



SPARE THE AIR **ADVISORY**

For Immediate Release
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Contact: Lisa Fasano
415.749.4900 (office)
415.710.3505 (cell)

Air District issues first *Spare the Air* advisory of 2008 smog season

SAN FRANCISCO - Today the Bay Area Air Quality Management District issued the first *Spare the Air* advisory for the 2008 summer smog season.

Air quality in the Bay Area is forecast to be unhealthy tomorrow, Thursday, May 15.

There is no free transit tomorrow. This *Spare the Air* Advisory officially starts the annual Spare the Air season. The Air District encourages residents to drive less and reduce their energy use.

"The *Spare the Air* program is about improving air quality and protecting the health of our residents," said Air District Executive Officer Jack Broadbent. "This year we are asking the public to make clean air choices every day to help improve air quality."

A new, more stringent, federal standard for ozone begins May 27th and will likely result in more *Spare the Air* advisories this season.

Motor vehicle exhaust, industrial emissions, gasoline vapors and household chemicals contain volatile organic compounds and nitrogen oxides that combine with oxygen in the presence of heat and sunlight to form ground-level ozone. Breathing ozone can cause throat irritation, congestion and chest pain. It can trigger asthma, inflame the lining of the lungs and worsen bronchitis and emphysema. Long-term exposure to ozone can reduce lung function. High levels of ozone pollution are particularly harmful for young children, seniors and those with respiratory and heart conditions. Vigorous outdoor exercise should be undertaken only in the early morning hours when ozone concentrations are lower. The Air District issues *Spare the Air* advisories whenever air quality is forecast to reach unhealthy concentrations.

A list of simple things the public can do to make clean air choices every day:

- Ride a bike (**May 15th is Bike to Work Day**)
- Take public transit
- Work at home or telecommute
- Carpool and link your errands to reduce driving
- Avoid using gas-powered lawn mowers
- Turn off lights, minimize use of air conditioner
- Cook indoors, not on the barbecue
- Avoid using aerosol spay cleaners, paints and hairspray

The Bay Area Air Quality Management District is committed to achieving clean air to protect the public's health and the environment. For more information, visit www.baaqmd.gov. For more information about the new *Spare the Air, Every Day* campaign, visit www.sparetheair.org.

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