



SPARE THE AIR **HEALTH ADVISORY**

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

SAN FRANCISCO - Today the Bay Area Air Quality Management District issued a *Spare the Air* health advisory for the second day in a row.

Air quality in the Bay Area is forecast to be unhealthy for tomorrow, Friday, May 16.

There is no free transit tomorrow. This year the Air District and the Metropolitan Transportation Commission will sponsor one planned free transit day on June 19, 2008 to allow new riders the opportunity to plan it into their commute.

The Air District is asking Bay Area residents to protect their health by minimizing their exposure to unhealthy air and to make clean air choices. The Air District encourages residents to drive less and reduce their energy use.

"We are asking Bay Area residents to continue to take action to protect air quality," said Air District Executive Officer Jack Broadbent. "I want to thank Bay Area residents who voluntarily chose to reduce air pollution during today's Spare the Air Day. The public's clean air choices help everyone to breathe easier."

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.

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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