



SPARE THE AIR **HEALTH ADVISORY**

For Immediate Release
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Tomorrow is a Spare the Air Day in the Bay Area *Air Quality Forecast to be Unhealthy on Thursday, June 12*

SAN FRANCISCO - Today the Bay Area Air Quality Management District issued the third *Spare the Air* health advisory for the 2008 ozone season.

Air quality in the Bay Area is forecast to be unhealthy tomorrow, Thursday, June 12.

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 to allow new riders the opportunity to plan it into their commute.

"We are asking Bay Area residents to take appropriate action tomorrow to protect their health and preserve our air quality," said Air District Executive Officer Jack Broadbent. "Making clean air choices such as driving less and reducing energy use can help ensure that we all have healthier air to breathe."

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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