



# **SPARE THE AIR HEALTH ADVISORY**

**For Immediate Release  
June 19, 2008**

**Contact: Lisa Fasano  
415.749.4900  
415.710.3505 (after hours)**

## **Tomorrow is a Spare the Air Day in the Bay Area** *Air Quality Forecast to be Unhealthy on Friday, June 20*

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

**Air quality in the Bay Area is forecast to be unhealthy tomorrow, Friday, June 20.**

**There is no free transit tomorrow.** Today, Thursday, June 19, the Air District and the Metropolitan Transportation Commission sponsored one planned free transit day to allow new riders the opportunity to plan their commutes and try transit.

"We hope the many Bay Area residents who took advantage of their free transit opportunity on Thursday will continue to use public transportation on Friday to protect public health and reduce smog," said Air District spokesperson Lisa Fasano. "Making clean air choices such as driving less, carpooling, and reducing energy use can help improve air quality and protect the climate."

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, commonly known as smog. 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* health advisories whenever air quality is forecast to reach unhealthy levels.

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](http://www.baaqmd.gov). For information and tips to help you *Spare the Air Every Day*, visit [www.sparetheair.org](http://www.sparetheair.org).

###