



SPARE THE AIR **HEALTH ADVISORY**

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Tomorrow is a Spare the Air Day in the Bay Area *Air Quality Forecast to be Unhealthy on Monday, July 7*

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

Air quality in the Bay Area is forecast to be unhealthy tomorrow, Monday, July 7, 2008.

There is no free transit tomorrow. Residents can help *Spare the Air* and protect the climate by making simple, everyday choices such as combining multiple errands into a single trip or reducing the use of gasoline-powered lawn equipment and consumer products like hair sprays, paints and household cleaners.

"We are asking Bay Area residents to help reduce air pollution tomorrow," said Air District Executive Officer Jack Broadbent. "Automobile exhaust is our number one source of air pollution, so limiting driving on Spare the Air days can help reduce area smog."

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. For information and tips to help you *Spare the Air Every Day*, visit www.sparetheair.org.

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