



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 Wednesday, August 27th*

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

Air quality in the Bay Area is forecast to be unhealthy tomorrow, Wednesday, August 27th.

There is no free transit tomorrow.

"A Spare the Air day is a wakeup call that we need to be vigilant about driving less and making clean air choices every day," said Jack Broadbent, Air District executive officer. "When we spare the air every day, we reduce overall air pollutants that lead to ozone exceedances on high heat days."

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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