



# **SPARE THE AIR HEALTH ADVISORY**

**For Immediate Release  
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## **Tomorrow is another Spare the Air Day in the Bay Area** *Air Quality Forecast to be Unhealthy on Friday, August 29<sup>th</sup>*

**SAN FRANCISCO** - Today the Bay Area Air Quality Management District issued the 11<sup>th</sup> *Spare the Air* health advisory for the 2008 ozone season, and the third in a row.

**Air quality in the Bay Area is forecast to be unhealthy again tomorrow, Friday, August 29<sup>th</sup>.**

**There is no free transit tomorrow.** Residents can help *Spare the Air* and protect the climate by making simple choices every day to reduce pollution. Actions such as driving less, taking public transit, carpooling or reducing the use of gasoline-powered lawn equipment and using an electric or a chimney briquette starter instead of lighter fluid when barbecuing help protect air quality.

"This third consecutive Spare the Air day reinforces our need to make clean air choices every day," said Jack Broadbent, Air District executive officer. "Reducing the amount of single passenger vehicles on the roads every day is the most important action we can take to reduce air pollution in the Bay Area."

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).

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