



# ***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, September 4*

**SAN FRANCISCO** - Today the Bay Area Air Quality Management District issued the 12th *Spare the Air* health advisory for the 2008 ozone season.

**Air quality in the Bay Area is forecast to be unhealthy tomorrow, Thursday, September 4.**

**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 can help protect air quality.

"Tomorrow is a Spare the Air Day in the Bay Area, and we're asking residents to carpool or take public transportation on their way to work and school," said Jack Broadbent, Air District executive officer. "Every day that we can decrease the number of single-passenger vehicles on the roads will help us reduce the amount of smog-forming pollution in the air."

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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