



# Spare the Air Alert

**FOR IMMEDIATE RELEASE**  
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**CONTACT: Aaron Richardson**  
**415.749.4900 (office)**  
**415-749-4958 (direct)**

## **Air District issues *Spare the Air* Alert for Tuesday, July 14** *Residents urged to carpool and take transit*

**SAN FRANCISCO** - The Bay Area Air Quality Management District is issuing the eighth *Spare the Air* advisory for the 2009 summer ozone season.

**Air quality in the Bay Area is forecast to be unhealthy tomorrow, Tuesday, July 14, 2009. There is no free transit tomorrow and there is no wood burning ban in place.**

"Cars and trucks are the biggest source of smog pollution in the Bay Area," said Jack Broadbent, executive officer of the Air District. "Carpooling and reducing single occupancy vehicles is the most effective way for Bay Area residents to Spare the Air every day."

The Air District issues summertime *Spare the Air* Alerts whenever ozone pollution is forecast to reach unhealthy concentrations. Ground-level ozone is formed when volatile organic compounds and nitrogen oxides from motor vehicle exhaust, gasoline vapors, industrial emissions and household chemicals combine with oxygen in the presence of heat and sunlight. 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 can reduce lung function.

High levels of ozone pollution are particularly harmful for young children, seniors and those with respiratory and heart conditions. When a *Spare the Air* Alert is issued, vigorous outdoor exercise should be undertaken only in the early morning hours when ozone concentrations are lower.

A list of simple things the public can do to make clean air choices every day:

- Carpool – any ride is worth sharing!
- Take public transit
- Work at home or telecommute
- Bike to work or around town
- Link your errands to reduce driving

Sign up for email AirAlerts through the EnviroFlash system at <http://baaqmdsparetheair.enviroflash.info/>. With EnviroFlash AirAlerts, you will be notified when the Bay Area experiences a Spare the Air Day. You can also choose to receive daily air pollution forecasts.

The Bay Area Air Quality Management District ([www.baaqmd.gov](http://www.baaqmd.gov)) is the regional agency chartered with protecting air quality in the Bay Area. For more information about Spare the Air, visit [www.sparetheair.org](http://www.sparetheair.org).

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