



# Spare the Air Alert

**FOR IMMEDIATE RELEASE**  
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## **Air District issues *Spare the Air* Alert for Thursday, September 10** *Residents urged to carpool and take transit*

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

**Air quality in the Bay Area is forecast to be unhealthy tomorrow, Thursday, September 10, 2009. There is no free transit tomorrow and there is no wood-burning ban in place.**

"Hot weather tomorrow is expected to create unhealthy air quality in the Bay Area," said Jack Broadbent, executive officer of the Air District. "We're asking Bay Area residents to carpool or take transit to reduce pollution - remember, any ride is worth sharing."

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.

As part of this *Spare the Air* season's effort to educate the public about ridesharing, Bay Area commuters are encouraged to share fun and interesting carpool experiences through the Air District's "Confessions of a Carpooler" contest. The contest will run through September 30, 2009.

The Air District encourages commuters to carpool tomorrow and share their best stories and tips by uploading a three-minute video to the contest page on [www.SpareTheAir.org](http://www.SpareTheAir.org). Winning stories will be posted to the Air District's YouTube channel. Visit [www.SpareTheAir.org](http://www.SpareTheAir.org) for full details and rules, including information about the prizes from local companies such as Dreyer's Grand Ice Cream, Inc., Solio and Autonet Mobile.

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



# Spare the Air Alert

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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