



# NEWS

**FOR IMMEDIATE RELEASE**  
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## ***Spare the Air Alert issued for Sunday, August 18, 2013*** *Bay Area residents urged to leave their cars at home*

**SAN FRANCISCO** – Today the Bay Area Air Quality Management District issued the fifth *Summertime Spare the Air Alert* in 2013.

**Air quality in the Bay Area is forecast to be unhealthy tomorrow, Sunday, August 18, 2013. There is no free transit tomorrow and there is no wood burning ban in place.**

“An increase in inland temperatures, low winds, and emissions from millions of automobiles is expected to create unhealthy air quality in the Bay Area tomorrow,” said Jack Broadbent, executive officer of the Air District. “We can avoid unhealthful air quality only if we all do our part to Spare the Air and reduce driving.”

Motor vehicles are responsible for about half of all air pollution in the Bay Area. Motor vehicle exhaust and gasoline vapors contain volatile organic compounds and nitrogen oxides that combine with oxygen in the presence of heat and sunlight to form ground-level ozone. 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.

*Spare the Air Alerts* are issued when ozone pollution is forecast to reach unhealthy levels. When a *Spare the Air Alert* is issued, outdoor exercise should be done only in the early morning hours when ozone concentrations are lower.

Residents can help *Spare the Air* everyday by carpooling, taking transit, biking or walking instead of driving alone. Visit [sparetheair.org](http://sparetheair.org) or [511.org](http://511.org) for more information about commute alternatives.

Residents can check for *Spare the Air Alerts* by:

- Visiting [sparetheair.org](http://sparetheair.org)
- Calling the toll-free hotline 1-800-HELPAIR (435-7247)
- Signing up for email AirAlerts at [sparetheair.org](http://sparetheair.org)
- Downloading the *Spare the Air* iPhone or Android app
- Connecting with *Spare the Air* on Facebook, Twitter or Google+

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

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