



# NEWS

**FOR IMMEDIATE RELEASE**  
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## **Air District issues Spare the Air Smog Alert** *Commuters urged to find alternatives to driving alone*

**SAN FRANCISCO** – Today, the Bay Area Air Quality Management District is issuing its fourth Spare the Air Alert for smog in 2016.

**Air quality is forecast to be unhealthy tomorrow, Tuesday, June 21.** A ridge of high pressure is forecast to build over northern California through mid to late week, leading to inland temperatures in the upper 90s, sunny skies and light winds. These conditions combined with motor vehicle exhaust from traffic will generate unhealthy ozone accumulation in the region.

“Another heat wave serves as a reminder that we need to commute smarter every day to reduce smog and traffic gridlock,” said Jack Broadbent, executive officer of the Air District. “Maintaining the Bay Area’s quality of life requires a shift from driving alone to telecommuting, carpooling, taking transit, walking or biking to work for cleaner air and a less stressful commute.”

The single most effective way for residents to reduce smog is to drive less. Air District survey results find that Bay Area employees are more likely to adopt alternatives to driving alone when encouraged to do so by their employer. Bay Area employers with 50 or more full-time staff are now required to offer commuter benefits to their employees. For more information about the Commuter Benefits Program, visit [511.org](http://511.org) and click on Bay Area Commuter Benefits Program.

*Spare the Air Alerts* are issued when ozone pollution is forecast to reach unhealthy levels. Ozone, or smog, can cause throat irritation, congestion, chest pain, trigger asthma, inflame the lining of the lungs and worsen bronchitis and emphysema. Long-term exposure to ozone can reduce lung function. Ozone pollution is particularly harmful for young children, seniors and those with respiratory and heart conditions. When a *Spare the Air Alert* is issued, outdoor exercise should be done only in the early morning hours when ozone concentrations are lower.

To improve air quality, residents are encouraged to carpool, bike, walk or take transit to work instead of driving alone, not just on *Spare the Air* days, but every day. Residents can visit [www.stacommuteitips.org](http://www.stacommuteitips.org) to find a list of commute programs and incentives available where they live and work.

To find out when a *Spare the Air Alert* is in effect, residents can register for email AirAlerts at [www.sparetheair.org](http://www.sparetheair.org), call 1(800) HELP-AIR, download the *Spare the Air* App or connect with *Spare the Air* on Facebook or Twitter.

**There is no free transit tomorrow and there is no wood burning ban in place.**

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 [sparetheair.org](http://sparetheair.org).

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