



SPARE THE AIR HEALTH ADVISORY

**For Immediate Release
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Tomorrow is another Spare the Air Day in the Bay Area *Air Quality Forecast to be Unhealthy on Friday, September 5*

SAN FRANCISCO - Today the Bay Area Air Quality Management District issued the 13th *Spare the Air* health advisory for the 2008 ozone season, and the second in a row.

Air quality in the Bay Area is forecast to be unhealthy again tomorrow, Friday, September 5.

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, reducing the use of gasoline-powered lawn equipment, or using an electric or a chimney briquette starter instead of lighter fluid when barbecuing can help protect air quality.

“Continued high temperatures will make Friday another Spare the Air Day in the Bay Area,” said Jack Broadbent, Air District executive officer. “We’re asking Bay Area residents to make clean air choices tomorrow—like taking public transit, carpooling, or working from home—to help reduce air pollution in the region.”

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. For information and tips to help you *Spare the Air Every Day*, visit www.sparetheair.org.

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