



NEWS

FOR IMMEDIATE RELEASE
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Air District advises high temps can lead to breathing difficulty

Region likely won't exceed air quality standard, however heat can exacerbate respiratory conditions

SAN FRANCISCO – The Bay Area Air District is continuing to advise residents that high temperatures this week may exacerbate symptoms for those with respiratory conditions.

Following the Spare the Air Alert called for today, the forecast for tomorrow does not indicate that the 9-county region will exceed the federal air quality health standard, however, many studies suggest that breathing hot air can make it difficult to breathe for those with COPD, asthma, heart conditions and other respiratory problems. Children, the elderly and those with respiratory conditions may also be more susceptible to breathing difficulty during hotter temperatures.

If you have a known respiratory condition:

- Try to get to a cooler location, such as shade, air-conditioned space or room with a fan
- Drink plenty of water, stay hydrated
- Keep inhalers and other respiratory medications with you at all times
- Do not exert yourself or exercise during the hottest part of the day
- If you have difficulty breathing, seek medical attention

Find out more about what the Air District is doing to address climate change in the nine-county Bay Area. *Spare the Air-Cool the Climate* is a blueprint for tackling regional air pollution and climate pollutants while improving the health of Bay Area residents for the next several decades. Check out this video about our bold vision on climate change at <https://youtu.be/p9BxhIrlqrl>.

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

The Bay Area Air Quality Management District (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.

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