



NEWS RELEASE

FOR IMMEDIATE RELEASE: Sunday, October 6, 2019

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Air District issues another Spare the Air Alert for Monday

High temperatures and poor air quality will continue

SAN FRANCISCO – The Bay Area Air Quality Management District is issuing the nineteenth Spare the Air Alert for smog for Monday, October 7.

Air quality is forecast to be unhealthy **tomorrow, Monday, October 7**. A high-pressure system in the region will continue to cause light winds and higher temperatures. In combination with motor vehicle exhaust, these conditions will continue to cause elevated concentrations of ozone, or smog.

“Indian summer brings higher temperatures which causes smog from vehicle exhaust,” said Jack Broadbent, executive officer of the Air District. “Help improve air quality by rethinking your commute year round, taking transit or carpooling to work.”

Spare the Air Alerts are issued when ozone pollution is forecast to reach unhealthy levels. Ozone 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.

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 to combat 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](#) is the regional agency responsible for protecting air quality in the nine-county Bay Area. Connect with the Air District via [Twitter](#), [Facebook](#), and [YouTube](#).

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