



NEWS RELEASE

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Air District issues Spare the Air Alert for smog

SAN FRANCISCO – Today, the Bay Area Air Quality Management District is issuing the third Spare the Air Alert for smog in 2020.

Air quality is forecast to be unhealthy tomorrow, Friday, August 14. Light winds combined with triple-digit inland temperatures and vehicle exhaust are expected to cause unhealthy smog, or ozone, accumulation in the Bay Area.

“As temperatures rise, we’re asking the public to avoid outdoor activities during the hottest part of the day to protect their health and limit driving to reduce harmful air pollution,” said Jack Broadbent, executive officer of the Air District. “Working remotely and shopping local can help reduce the number of cars and trucks on Bay Area roads and make a lasting difference moving forward.”

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 find out when a Spare the Air Alert is in effect, residents can sign up for text alerts by texting the word “START” to 817-57, 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](http://www.bayareaairquality.org) is the regional agency responsible for protecting air quality in the nine-county Bay Area. Connect with the Air District via [Twitter](https://twitter.com/bayareaair), [Facebook](https://www.facebook.com/bayareaair), and [YouTube](https://www.youtube.com/bayareaair).

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